Food Consumption and Dietary Levels of Older Households in Rochester, New York

Home Economics Research Report No. 25

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by
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by

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SUMMARY

A food consumption survey was made of a selected group of beneficiaries of Old-Age, Survivors, and Disability Insurance (OASDI) in Rochester, N.Y., in the spring of 1957. All of the beneficiaries surveyed were maintaining their own households, having meals at home, and had no young persons living with them. Half of the households were husband-wife families, and nearly one-third were women living alone. Family incomes were relatively low.

During the survey week, food that was brought into the kitchens of these households provided about the following amounts per person: 4 quarts of whole milk or its equivalent in milk products (in terms of calcium content); 4 pounds of meat, poultry, fish; 1/2 dozen eggs; 10 pounds of vegetables and fruits; 2 pounds of grain products (in terms of flour); 1 pound of sugars and sweets; and 3/4 pound of fats and oils. The money value of the week's food at home was $8.12.

Nutrients from this food exceeded the recommended allowance of the average person. However, less than half of the households had diets that met in full the recommended amounts for all nine nutrients (good diets). Calcium levels most often fell below allowances. Nearly three-fourths of the households had diets that met two-thirds of the recommendations for all nutrients (good and fair diets). Few households (less than 10 percent) had diets that failed to provide at least two-thirds of the recommended allowance for any one nutrient—except for ascorbic acid.

Relatively few households that had diets falling below Nutrition Research Council allowances in any nutrient failed in a single nutrient only. The diets of about a third of the households were short in five or more of the nine nutrients studied.

About one-third of the households reported some use of vitamin preparations during the survey week. Half of those taking vitamins had already met the recommended intakes from their diets. Of those whose diets failed to meet the recommended levels in any nutrient and who were taking supplements, only one-fourth were using preparations that covered all of their dietary shortages. Another half were using preparations that contained some but not all of the nutrients in which their diets fell short, and the remaining fourth were taking precisely the wrong supplements.

Analysis of factors that might have affected dietary adequacy indicate a close relationship between poor diets and low food expenditures. Also related to poor diets were poor appetite and older age. There was some (though not consistent) relation between diet quality and income, and between diet quality and national origins, but no relation at all to employment outside of the home, education, or reported ill health.

A special study was made of the meals eaten by the household members during the 2 days preceding the interview. This study showed that one in eight of the individuals in the survey households had omitted one or more meals—mostly the noon meal. Half of the group sometimes ate between meals.

The evening meals contained about the same kinds of food as the noon meals but were slightly larger. Morning meals, however, were not only the smallest, but were also different in composition. The nutritive value of the breakfasts suggests that these meals consisted mainly of cereal and baked goods.

Noon and evening meals consumed by husbands were similar to those of wives but were somewhat larger. However, husbands had more protein as well as more calories in their breakfasts. Snacks consumed by husbands contained less calcium than did snacks of wives.

This group of elderly people had few meals away from home, and when they did eat out it was more often as guests than as restaurant patrons. Noon meals eaten out by husbands were larger than their noon meals at home. However, wives ate meals containing about the same amount of nutrients whether at home or away from home. Women who lived alone consumed about the same amount when they purchased noon meals as when they prepared them at home, but ate much more when they were guests.

INTRODUCTION

Why This Study Was Made

The number of persons reaching age 65 is increasing, and many of them live on relatively low incomes, particularly if they can no longer rely on earnings as their chief source of support. Consequently, these elderly persons have become an important subject for study in connection with many welfare programs. The food consumption and dietary levels of population groups are of continuing concern to the U.S. Department of Agriculture. A nationwide study of all housekeeping families in 1955 (*11*, *12*)[1] showed generally high levels of food consumption in the United States, but low-income families and particularly older families had diets that frequently fell short of recommended nutritive content (*13*).

To learn more about the factors affecting the consumption pattern of this population group, a survey focusing on older persons was made in Rochester, N.Y., in the spring of 1957.

The Sample

Elderly, low-income housekeeping households are not easy to locate by the more usual area sampling techniques. To choose a group that would tend to meet these requirements, the aid of the Social Security Administration was enlisted. Perhaps the single program which affects more elderly persons than any other is that of Old-Age, Survivors, and Disability Insurance. Today about three out of four persons aged 65 or older collect social security benefits as retired workers, as their dependents, or as the widows or dependent parents of deceased workers. For many of these elderly persons, the social security checks represent a substantial portion of their total cash income.

The households interviewed were residents of Rochester, N.Y., and were limited to OASDI beneficiaries 65 years or older who were entitled to benefits as a retired worker or spouse, or as the aged dependent of a deceased worker and had been on the rolls at least a year. These elderly people also kept house, in the sense that they prepared at least 10 meals from home food supplies during the week preceding the interview, and lived alone or with one other person 55 years of age or older.

The starting list provided by the Social Security Administration gave names and addresses of a sample of aged beneficiaries who lived in or near Rochester and were entitled to benefits as of December 1, 1955. Those obviously ineligible for this survey had already been eliminated; namely, persons receiving lump-sum death benefit payments only, and those receiving benefits for children. (Because disability benefits were not payable before 1956, by definition, no persons on the OASDI rolls solely by reason of disability were eligible for this survey.) Before interviewing started, other addresses were eliminated because they were institutions or outside the city proper. At the time of the interviewers' visits, other households were excluded because they did not meet one or more of the eligibility requirements of the study. That is, they had more than two members, they included someone less than 55 years of age, or they were not housekeeping. Of the eligible households asked for schedule information, some were unable or unwilling to participate. The data on which the results of this survey are based were provided by 283 households.

Further details on the selection and appraisal of the sample are given in appendix B.

Data Obtained

Information was obtained by personal interview on: Amount and sources of money income; home ownership and other indicators of economic status; the state of health and activity of the household members; and details on how the marketing for the family food was usually carried out.[2]

Each household also reported: The quantities of individual foods recalled as used at home in the 7-day period before the interview, and the number of meals served out of family food supplies; the amount spent for all purchased foods used; the amount spent for food bought and eaten away from home; and finally, the actual menus for the meals both served at home and eaten away from home by each family member during the 2 days preceding the interview. It is these food consumption data, together with an evaluation of the nutritive value of the food brought into the kitchen and the extent to which it meets dietary recommendations, that form the body of the present report.

[1] Italic numbers in parentheses refer to Literature Cited, p. 24.

[2] Data on the marketing practices have been analyzed and presented in "Food Marketing Practices of Older Households" (*1*).

CHARACTERISTICS OF HOUSEHOLDS

Household Type

About half of the households participating in the study were husband-wife families. (See table 1.) There were some other male-female (mostly brother-sister) households—5 percent of the total, and about the same number consisting of two women. No households with two older men doing their own cooking were included in this study. All told, the husband-wife and other two-member households comprised three out of five of the households providing information. The others were mostly women keeping house alone. Still, some elderly men do manage on their own—8 percent of the total group were single men keeping house, compared with 30 percent who were women living alone and keeping house.

TABLE 1.—CHARACTERISTICS OF HOUSEHOLDS: *Home and car ownership; average rent for households; age, education, employment of members; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Households	Owning home	Average monthly rent	Owning car	Age		Elementary education only		Employed	
					Males	Females	Males	Females	Males	Females
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
	Number	*Percent*	*Dollars*	*Percent*	*Years*	*Years*	*Percent*	*Percent*	*Percent*	*Percent*
All households	283	60	54	31	74	71	76	61	17	16
2-member households	174	71	52	37	73	70	80	68	16	16
Husband-wife	143	69	52	38	73	70	79	71	16	15
Other male-female	13	85	60	54	74	69	92	67	15	8
2 females [1]	18	83	53	17	------	73	------	44	------	22
1-member households	109	43	55	21	75	73	48	47	23	15
1 male	23	61	50	57	75	--------	48	--------	23	--------
1 female	86	38	56	12	------	73	------	47	------	15

[1] Age, education, employment for beneficiary only.

Economic Characteristics

Home and Car Ownership

Table 1 summarizes some of the descriptive characteristics of the survey households. In keeping with the high incidence of home ownership prevalent among older age groups, the majority of these households owned their home. As might be expected, home ownership was more common among those living with a spouse or sharing a household with another elderly person than among those keeping house by themselves. On the other hand, car ownership was more likely to depend on whether there was a man in the house: Only 12 and 17 percent of the households in which one or two women, respectively, lived alone, had a car, compared with 38 to 57 percent of the households where there was a male member. Those renting living quarters were paying, on the average, a little more than $50 a month rent in both the one- and two-member households.

Money Income

As a largely retired population, the sample was predominantly a low-income group. The average income after taxes for the two-member households was $2,666 for the year, about 60 percent more than the $1,649 average for people living alone. Practically none of the two-member households had less than $1,000 to live on, but more than one in four of the one-member households had that low an income. At the other end of the income range, 1 in 8 of the 2-member households had as much as $4,000 money income for the year, compared with 1 in 20 of the 1-member households (appendix table 12).

For retired or semiretired persons, perhaps more than for any other sector of the population, current money income is not likely to represent the sum total of available resources. Many older persons have as a resource the financial assets accumulated over the years of their work life. The present survey obtained no information on the

amount of such resources, but did ask for a net summary of the value of assets used during 1956 for current living or debts incurred, as balanced against any assets accumulated or liabilities decreased during the year. For the group as a whole, the assets used up and money borrowed exceeded increased savings or decreases in liabilities. In other words, expenditures for the year exceeded income by about 6 percent, or $172, per two-member household, and 16 percent, or $257, per one-member household (appendix table 12). The one-member households, as has been pointed out, were less likely to have the advantage of homeownership, which can mean lower regular outlays for housing.

Sources of Income

By definition, all householders in the survey were receiving social security benefits. However, 85 percent of the beneficiary householders had at least one other source of money income, and a sizable number had two or more sources in addition to their benefits—the most usual being earnings, income from assets, other retirement pensions, or annuities. Relatively few received public assistance. Except for their OASDI benefits, beneficiaries living alone were less likely to have income from earnings or other types of retirement pensions than those sharing a household with another person. On the other hand, beneficiaries living alone were more likely to have income from assets or annuities or to receive regular cash contributions or gifts of money from persons outside the household, as the following figures illustrate:

Source of income [1]	Households		
	All (percent)	*2-member (percent)*	*1-member (percent)*
All households	100	100	100
OASDI only	15	14	15
OASDI and—			
Earnings	39	44	32
Income from assets [2]	36	32	42
Veterans payments	5	6	4
Pensions	33	41	21
Annuities	7	4	13
Public assistance	3	1	5
Contributions, gifts	9	5	17

[1] Totals add to more than 100 percent because households commonly ha income from more than one source.
[2] Interest, dividends, or rent.

CHARACTERISTICS OF HOUSEHOLD MEMBERS

Education

Less than two-thirds of the women and three-fourths of the men in these households had not gone beyond elementary school—reflecting the educational patterns of a generation or two ago (table 1 and appendix table 33). Those in the husband-wife group averaged a little less schooling than people in other types of households. About three-fourths had only elementary education; few had gone to college. At least half of those living alone had more than elementary education. One-tenth of the single women and two-tenths of the single men had gone to college.

Age

The wives were a little younger than the women in the all-female households, with an average age of 70 years for the wives, compared with 73 years for the single women. One-fifth of the women with husbands, but none of the women living alone, were between 55 and 64 years of age (appendix table 16). This is a consequence of the survey definitions. As of December 1, 1955, no woman could herself receive old-age benefits if she were under 65. Thus every female beneficiary included in the survey—that is, all the women living alone and at least one of the women in the two-female households—had to be at least 65. On the other hand, the wife (or sister) of a male beneficiary could be as young as 55 years of age.

Employment

As would be expected, most of the women in these households were full-time homemakers, but about one-sixth, both of the wives and of the single women, were employed outside the home either full or part time at the time of the interview. The same percentage of husbands but a slightly higher proportion of the single men were employed.

Physical Characteristics

Body Weight

Although no physical examinations were made, the respondents were asked questions that yielded information on body size and some health conditions.

The men in this study were about an inch shorter than all men 65 years of age or older in households surveyed in 1955, but the average body weight of the two groups was nearly the same, as shown by the following:

	Rochester 1957	*1955 Household Food Consumption Survey (5)* [1]
Men:		
Height—inches	67. 1	68. 0
Weight—pounds	160	159
Women:		
Height—inches	63. 5	63. 8
Weight—pounds	140	142

[1] Persons 65 years of age or older.

The women of comparable age in the two surveys were, on the average, nearly identical in body size.

When the individuals in the present study were classified as to normal weight (within 10 percent of ideal weight for height) or underweight or overweight (deviating by more than 10 percent from ideal weight), it was found that more women than men were overweight, as shown by the following (from appendix table 17):

Weight classification	*Men (percent)*	*Women (percent)*
Normal	52	46
Underweight	19	17
Overweight	29	37
11–20 percent	19	17
21 percent or more	10	20

About the same proportion of each sex group was moderately overweight; twice the percentage of women as of men, however, were more than 20 percent above the ideal weight for their height.

The same percentage of men living alone as of those in husband-wife households was in the normal weight class. However, underweight was more prevalent and overweight less so among the single men than among the husbands. Among the overweights, the differences were mainly in the moderately overweight category. There was little difference between wives and single women as to weight classification.

As already noted, about one-third of the persons were overweight. However, only one-eighth stated that they were attempting to lose weight. More women than men were dieting.

Health Problems

In response to questions on whether diet was limited in any way by health, about 5 in 10 of the women and 7 in 10 of the men stated that they could eat anything. Some of those whose diets were not limited by health avoided individual foods by choice or because of faddish notions. A few said they had little appetite for food. Fewer than 3 in 10 of the women and 2 in 10 of the men reported an organic illness causing dietary limitations. Chief among such illnesses for men were those affecting the gastrointestinal tract—ulcers and other diseases of the stomach, colon, or intestines. Few reported cardiovascular disorders involving heart or arteries. For women, the chief illness reported as food limiting was of the cardiovascular variety, closely followed by gastrointestinal disorders, diabetes, and gallbladder problems. Relatively more women than men had each of the specific illnesses other than those of the gastrointestinal tract. Very few of either sex reported having other diseases such as cancer, tumors, or allergies that restricted their food choices. Several of the women, but none of the men, reported having more than one of the mentioned illnesses.

Although nearly all of the respondents reported having teeth missing, plates, or dental bridges, only about one-tenth of either sex said they had any chewing problems that made eating difficult. About 10 percent of the women and 5 percent of the men claimed discomfort related to the consumption of specific foods. Frequently mentioned were gas pains and constipation. Foods often indicted included cabbage, onions, fried foods.

FOOD USED IN A WEEK BY HOUSEHOLDS

Money Value of Food at Home and Away

The total money value of food used at home and away from home in a week averaged $16.12 for two-member households. This amounted to $8.06 per member, compared with $7.94 for one-member households (table 2 and appendix table 18). For the same size households, these food cost figures ran considerably below those from the nationwide 1955 Household Food Consumption Survey.[3] In the Rochester study, an attempt was made to focus on a relatively low-income urban group. The lower average money income of the Rochester group, particularly the two-member households, when compared with that of all urban U.S. families in 1955, supports the belief that such a low-income group was sampled.

Although limited finances undoubtedly were related to low food expenditures in some cases, relatively small food purchases for this group still might be expected, since older people generally require fewer calories. In addition, other factors such as health problems, lack of interest, or little incentive to prepare large meals apparently contributed to a smaller food intake in some cases, which in turn accounted for lower food costs.

As illustrated in figure 1 (and appendix table 19), there was little difference between husband-wife and one-female households in the money value of food used at home per person during the week of the survey. A slightly higher percentage of single women reported using food valued under $6 per 21-meal-at-home-equivalent person, whereas slightly more of the married couples reported using food valued from $6 to $12 per equivalent person.

Although money value of food eaten at home by the elderly group in this survey was a little lower than that of all urban families in the country in

[3] Figures as shown in table 2 do not reflect the 3-percent increase in food costs between 1955 and 1957.

TABLE 2.—INCOME, MONEY VALUE OF FOOD, TWO SURVEYS: *Expenditures for food at home and away from home; housekeeping households of 1 and 2 members*

Household type and survey	Year's income after taxes	Money value of food per household in a week			
		Total	Purchased		Obtained without direct expense for use at home
			Used at home [1]	Away from home	
(1)	(2)	(3)	(4)	(5)	(6)
2-member households:					
OASDI beneficiaries, Rochester, N.Y., 1957	$2,666	$16.12	$15.23	$0.52	$0.37
United States, urban 1955 [2]	4,504	23.56	18.22	4.72	.62
1-member households:					
OASDI beneficiaries, Rochester, N.Y., 1957	1,649	7.94	7.33	.37	.24
United States, urban 1955 [2]	1,833	11.17	8.76	1.92	.49

[1] Includes packed lunches and other food carried from home.
[2] 1955 Household Food Consumption Survey, Rpt. 1, table 2 (*11*).

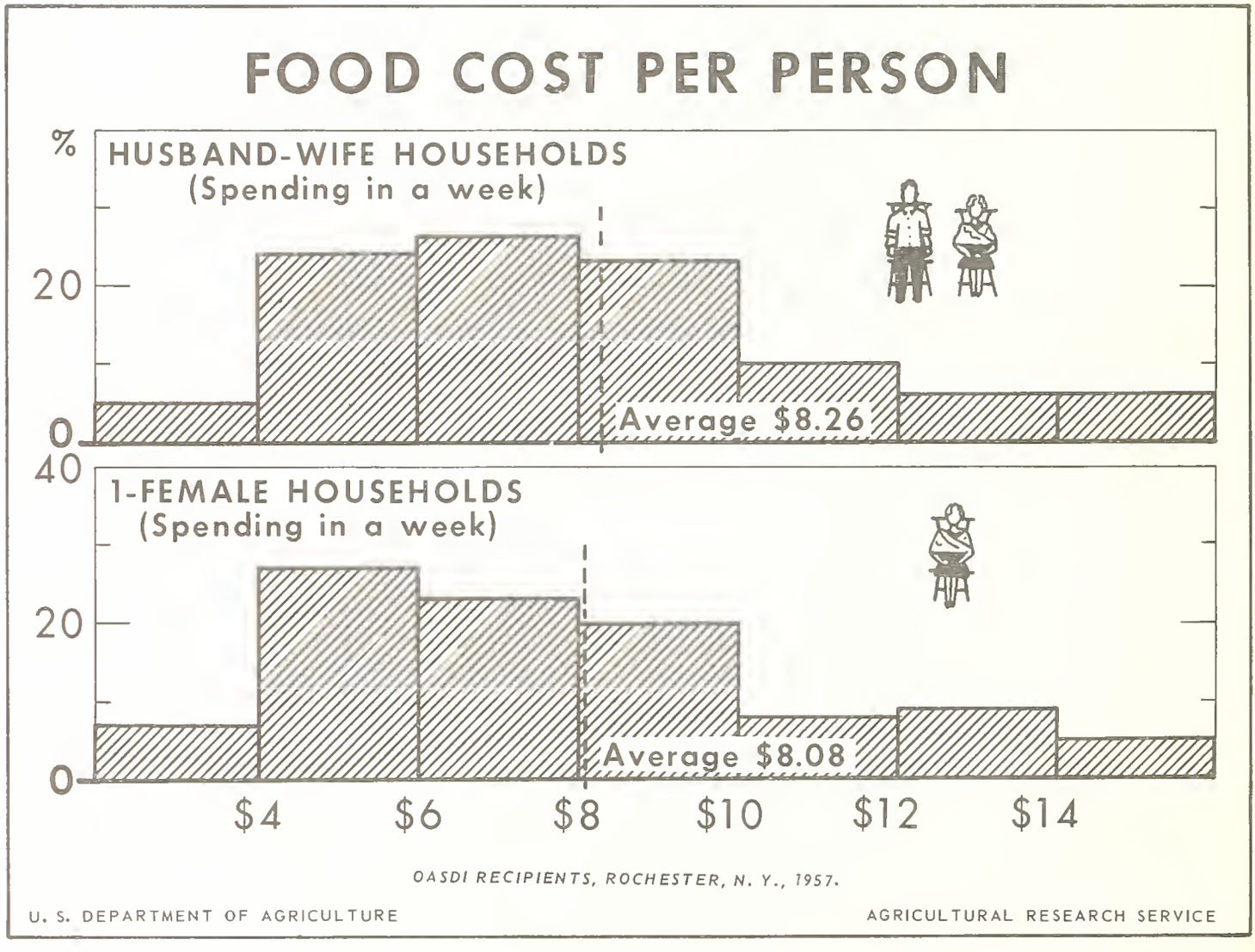

FIGURE 1.—Food cost per person.

1955, the expenditures for food eaten away from home were considerably smaller (table 2). Only 3 percent of the total food bill for two-member households and 5 percent of the total for single households in Rochester was spent for food away from home. This group probably ate few meals away from home because of the limited financial resources of the respondents or the low rate of employment which reduced the respondents' opportunities to eat meals at or near their place of work. It is possible that these elderly people were not accustomed to eating out in restaurants. Some of the meals eaten away from home were "free meals" obtained as invited guests in other homes.

One-member households reported eating more of their meals away from home than did husband-wife households (7.3 percent compared to 3.2 percent). Men living alone rarely entertained at mealtime, whereas single women had guests at meals more frequently than did the husband-wife households (appendix table 15). Only 1 percent of all household meals were served to guests under 55 years of age (appendix table 14).

Food Used at Home

Division of the Home Food Dollar

For all households, the meat, poultry, and fish group claimed the largest share of the food dollar —nearly one-third; fruits and vegetables, almost a fourth; and milk and milk products, a sixth. (See table 3.) Except for a slightly higher share of the food dollar for fruits and vegetables, the proportions agree closely with those reported in previous household food consumption studies. Evidently,

Table 3.—Food group totals: *Money value and quantity per person, division of household food dollar, and price per pound of food used at home in a week; by selected household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Food group	Household type				Household type			
	All households [1]	Husband-wife	1-male	1-female	All households [1]	Husband-wife	1-male	1-female
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Money value per person (dollars)				Division of food dollar (percent)			
All food	8. 12	8. 26	8. 37	8. 08	100. 0	100. 0	100. 0	100. 0
Milk, cream, ice cream, cheese	1. 18	1. 14	1. 29	1. 34	14. 5	13. 8	15. 4	16. 5
Meat, poultry, fish [2]	2. 56	2. 72	2. 24	2. 20	31. 5	32. 9	26. 7	27. 2
Eggs	. 34	. 36	. 43	. 32	4. 2	4. 4	5. 1	4. 0
Vegetables	1. 01	. 99	. 92	1. 14	12. 4	12. 0	11. 0	14. 1
Fruits	. 82	. 77	. 80	. 99	10. 0	9. 3	9. 5	12. 2
Grain products	. 82	. 82	. 92	. 83	10. 1	9. 9	11. 0	10. 2
Fats and oils	. 37	. 38	. 34	. 38	4. 6	4. 6	4. 0	4. 7
Sugars and sweets	. 30	. 30	. 23	. 32	3. 7	3. 6	2. 7	4. 0
Miscellaneous foods, total	. 71	. 78	1. 23	. 58	8. 9	9. 5	14. 6	7. 2
With some nutritive value [3]	. 10	. 09	. 17	. 12	1. 3	1. 1	2. 0	1. 5
With no nutritive value calculated [4]	. 61	. 69	1. 06	. 46	7. 6	8. 4	12. 6	5. 7
	Quantity per person (pounds)				Price per pound (dollars)			
Milk, cream, ice cream, cheese (milk equivalent)	8. 82	8. 64	11. 01	9. 86	0. 13	0. 13	0. 12	0. 14
Meat, poultry, fish [2]	3. 89	4. 19	3. 58	3. 12	. 66	. 65	. 63	. 71
Eggs	. 85	. 89	1. 19	. 77	. 40	. 40	. 36	. 42
Vegetables (including mixtures and soups)	5. 77	5. 80	6. 05	5. 66	. 18	. 17	. 15	. 20
Fruits (juice equivalent of citrus, fresh equivalent of dried, total of all others)	4. 41	4. 17	4. 39	5. 48	. 19	. 18	. 18	. 18
Grain products (flour equivalent)	2. 01	2. 09	2. 15	1. 82	. 41	. 39	. 43	. 46
Fats and oils	. 73	. 77	. 57	. 68	. 51	. 49	. 60	. 56
Sugars and sweets (sugar equivalent)	1. 06	1. 08	. 78	1. 03	. 28	. 28	. 32	. 31
Miscellaneous foods	[5]	[5]	[5]	[5]	[5]	[5]	[5]	[5]

[1] Includes other type households not shown separately.
[2] Includes bacon and salt pork.
[3] Includes dry beans, peas, nuts; plate or box lunches, and other foods with some nutritive value.
[4] Includes such items as alcoholic beverages, coffee, tea, baking powder, and condiments, for which no nutritive values were calculated. Data (except for coffee and tea) refer to amounts bought during 7-day period rather than amounts used.
[5] Not available.

the special characteristics of these older households had little effect on the manner in which their food dollar was divided among the major food groups.

Some differences in the division of the food dollar, however, were apparent among selected household types. Single men and women allotted a larger share of their home food dollar to milk and milk products. At the same time, they apportioned a somewhat smaller share to meat, poultry, and fish than husband-wife households did. Of each food dollar spent by one-female households, approximately the same amount went for the meat, poultry, and fish as for the total of fruits and vegetables. Other type households spent more of each food dollar for meat, poultry, and fish than for fruits and vegetables. Interestingly enough, one-male households spent a generous share of each dollar (13 percent) for miscellaneous foods for which no nutritive values were calculated (alcoholic beverages, tea, coffee, condiments). This was more than twice that spent by the one-female households for those miscellaneous foods.

Use of Major Food Groups

During a week in the spring of 1957, enough food was brought into the kitchens of the households surveyed in Rochester to provide approximately the following amounts of food per person (from appendix tables 20 to 25):

- 4.1 quarts of milk, cream, ice cream, cheese (fluid milk equivalent)
- 3.9 pounds of meat, poultry, fish
- 6 eggs
- 10.2 pounds of vegetables and fruits
- 2.0 pounds of grain products (flour equivalent)
- 0.7 pound of fats and oils
- 1.1 pounds of sugars and sweets (sugar equivalent)

These quantities represent food that was purchased from the store or brought into the kitchen from the garden, freezer, or storage pantry and used during the week, rather than the quantities of food actually eaten. (See Glossary: *FOOD USED AT HOME.*) It is known that a considerable amount of food is discarded both in the kitchen before or during preparation and at the table as plate waste and leftovers. Edible food may be lost also because of spoilage or wasteful practices in the household.

There were differences in the quantities of food used and in the prices paid per pound among the several household types. (See table 3.) Husband-wife households used the most meat, poultry, and fish (4.2 pounds per person) in a week, and one-female households used the least (3.1 pounds). Yet the latter paid the most per pound for the amount they used (71 cents), whereas one-male households paid the least (62 cents).

Single women paid a higher price per pound for meat, poultry, and fish because of several factors. First, preference was given to stores carrying foods they considered to be high in quality and providing services such as charge accounts and delivery. The group with the highest percentage doing their food shopping in a large department store were the single women. In contrast, more of the married couples purchased food in large chainstores and supermarkets. For these households, economy and premium plans were mentioned as the main reasons for patronizing the stores they did. The other reason single women spent more for meat, poultry, and fish was because they chose the more expensive items within this food group. For example, women living alone paid 80 cents per pound for beef, compared with 74 cents paid by husband-wife households and 62 cents paid by single men. It is possible these women chose more expensive cuts of beef such as ground round instead of regular hamburger. One-female households also paid more per pound for pork, lamb, poultry, and fish.

The pattern of spending is not as clear cut in the milk, cream, ice cream, cheese group. Single men used more of the total milk group because they were the biggest consumers of fresh fluid milk. More cheese was purchased by women living alone. They paid an average of 44 cents per pound, compared with 50 cents paid by other households. The difference in spending occurred because single women used almost twice as much cottage cheese (½ pound per person) as the other households (¼ pound) and cottage cheese generally costs less per pound than Cheddar and other cheeses. Yet, women paid more for cream and ice cream as a result of using greater quantities of heavy cream and costlier ice cream.

Men who lived alone spent about 5 cents less per pound for eggs than did other households. Single men also economized in their marketing for fresh vegetables. They paid 19 cents per pound for fresh vegetables whereas husband-wife households paid 21 cents and one-female households paid 25 cents per pound.

Purchased Processed Foods

The number of processed foods available on the market has increased tremendously in the past 20 years. Previous USDA food surveys have shown that the greatest use of processed foods is found in households with young homemakers or in those with high income (*8*, *13*). However, it is still of interest to explore the extent to which OASDI beneficiaries, with neither of these characteristics, were purchasing processed foods.

Of the total spent for fruits and vegetables by all OASDI beneficiaries, almost 70 percent went for fresh produce, compared with only 30 percent for commercially processed forms. These were approximately the same proportions spent by home-

makers 60 years of age and over, as reported in the 1955 Household Food Consumption Survey. When judged by quantity and type of processed vegetables, one-male households used the most canned vegetables (1.4 pounds per equivalent person) and the least frozen vegetables (0.04 pound). (See table 4.) Husband-wife households and one-female households each averaged 0.9 pound per person of canned vegetables. On the other hand, one-female households used the most canned fruit (1.4 pounds), whereas husband-wife and one-male households each used the same amount (0.8 pound). Although one-member households reported using twice as much frozen fruit as did husband-wife households, in general, little of either frozen fruits or vegetables was used by any of the households. This is hardly surprising, for the food preparation habits of these elderly people were well established before the advent of frozen foods.

TABLE 4.—VEGETABLES AND FRUITS BY MARKET FORM: *Quantity per person in a week, by selected household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Food	Household type			
	All households [1]	Husband-wife	1-male	1-female
(1)	(2)	(3)	(4)	(5)
	Quantity per person (pounds)			
Total vegetables and fruits	10. 51	10. 24	11. 38	11. 29
Vegetables	5. 63	5. 67	5. 71	5. 48
Potatoes and sweetpotatoes	1. 67	1. 69	1. 87	1. 47
Other vegetables:				
Fresh	2. 87	2. 91	2. 38	2. 90
Canned	. 91	. 90	1. 38	. 90
Frozen	. 14	. 12	. 04	. 19
Dried	. 04	. 05	. 04	. 02
Fruits	4. 88	4. 57	5. 67	5. 81
Fresh	3. 71	3. 55	4. 51	4. 10
Canned	. 94	. 83	. 84	1. 41
Frozen	. 15	. 11	. 24	. 23
Dried	. 08	. 08	. 08	. 07

[1] Includes other household types not shown separately.

For selected household types, the total quantity per person of flour, cereal, and bakery products (flour equivalent) used was as follows: 2.1 pounds for husband-wife households; 2.2 pounds for one-male households; and 1.8 pounds for one-female households. Men living alone used considerably more breakfast cereal than did other households. Much of their cereal was of the type that needed to be cooked before eating. The quantity of ready-to-eat breakfast cereal used in a week was about the same for each type household. Macaroni, spaghetti, and noodles were included to a greater extent in menus of married couples and men living alone. Single men used the most bread, whereas single women used the largest proportion of the more expensive items such as crackers, cake, and pie.

For women living alone, the pattern of spending for grain products resembled that previously described for the meat, poultry, fish group. That is, the single women used less of the food group but spent more per pound for what they did use than did the other type households. For grain products, single women spent 46 cents per pound, compared with 39 cents per pound for husband-wife households and 43 cents for one-male households.

The role of prepared flour mixes was minor. The amount used averaged less than one-tenth of a pound per person in a week for all household types. The husband-wife households used the most flour (0.4 pound per person), whereas one-male households used almost none. These older homemakers may have preferred to bake from basic ingredients because they were accustomed to doing so, and it is unlikely that unusual demands for their time would have necessitated their seeking shortcuts. The fact that these households were small (one and two member) may have influenced the use of mixes. At the time of the survey, the number of mixes designed for small households was limited. A mix yielding six or more servings may have resulted in storage or leftover problems for the recipients, particularly those living alone.

Although husband-wife and one-female households reported no purchases of plate or box meals, there was one consumer of such items among men living alone. This particular man spent about $1.40 for frozen dinners during the week of the survey. Frozen dinners generally have appeal for people living alone because of the inherent advantages they offer: Less preparation and cleanup work, day-to-day food variety, and individual serving sizes. However, despite these benefits, neither the one- nor the two-member households were using them.

One-male households used by far the largest amount of lunch meat (0.54 pound per person), and one-female households used the least (0.13 pound). Single men also used the most bread and frequently included lunch meat sandwiches in their meals. Husband-wife and one-female households used more commercial salad dressing and considerably more bottled soft drinks than did men living alone.

This list of purchased processed foods obviously is not complete. From the data obtained, it was not possible to include all processed foods—or

foods in other stages of processing, such as ready-to-cook poultry or partially baked rolls. However, it does indicate the extent to which this elderly group was including convenience foods in their meals in the spring of 1957.

Nutritive Content of Food

Averages per Person

The food used by older households surveyed in a week in spring 1957 provided the following amounts of nutrients per 21-meal-equivalent person per day (from appendix table 27):

		Average per person per day
Food energy	cal.	2,600
Protein	grams	95
Fat	grams	125
Calcium	grams	1.03
Iron	mg.	15.4
Vitamin A value	I.U.	10,080
Thiamine	mg.	1.30
Riboflavin	mg.	2.12
Niacin	mg.	16.7
Ascorbic acid	mg.	126

The nutritive value figures used in this report are for edible portions of foods as currently marketed, and allow for inedible material such as bone, pits, and shells and for normal amounts of wilt and spoilage. They also allow for some loss of vitamins that may have occurred in storage and cooking in the average home. However, they do not allow for losses of edible products due to unusual spoilage, for plate waste, or for wasteful practices in the kitchen. As calculated, the nutritive value of meat includes all the fat on the cut as purchased.

Sources of Nutrients

Food energy.—As found in other studies (*12*), a fourth of the energy value of the food used came from grain products—flour, cereals, pastes, and baked goods; another fourth from meat, poultry, fish, and eggs. The milk group—milk, cream, ice cream, and cheese—contributed about one-sixth of the calories, a slightly higher percentage than in the 1955 study of all households in the United States. The remaining third of the food energy was fairly evenly divided among fruits

Table 5.—Sources of fat and fatty acids: *Quantity per person per day from food used at home in a week*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Food group	Total fat		Selected fatty acids		
			Saturated	Oleic	Linoleic
(1)	(2)		(3)	(4)	(5)
All households:	*Percent*	*Grams*	*Grams*	*Grams*	*Grams*
Beef, veal, lamb	14.2	17.6	8.7	7.4	0.4
Pork (excluding bacon, salt pork)	12.8	16.0	5.8	6.8	1.4
Poultry, fish	4.2	5.2	1.5	1.4	1.6
All meat, poultry, fish	31.2	38.8	16.0	15.6	3.4
Bacon, salt pork	4.2	5.3	1.7	2.6	.5
Shortening (including lard)	4.0	4.9	2.1	2.0	.5
Oils, salad dressing	6.4	7.9	1.5	2.8	3.3
Margarine	7.4	9.3	2.4	5.3	.8
Butter	12.7	16.0	8.8	5.3	.5
All fats and oils	34.7	43.4	16.5	18.0	5.6
Milk, cream, ice cream, cheese	19.6	24.6	13.5	8.1	.7
Eggs	4.4	5.7	1.8	2.5	.4
Other foods (mixtures, fruits and vegetables, nuts, baked goods, etc.)	10.1	12.7	4.5	4.9	2.5
All foods	100.0	125.2	52.3	49.1	12.6
Husband-wife households	----------	132.6	53.2	51.5	13.6
1-male households	----------	128.6	51.9	48.9	10.7
1-female households	----------	112.4	47.7	43.3	11.6

and vegetables, fats and oils, and sugars and sweets, with a slightly lower proportion from the last group. (See appendix table 28.)

Fat, fatty acids.—As in all U.S. households surveyed in 1955 (*6*), 43 percent of the calories in the food used came from fat. This included all of the fat on meat cuts as purchased and also much that entered the kitchen in foods not usually thought of as sources of fat, such as milk and its products, baked goods, and mixtures (table 5).

Only about a third of the chemical fat in the food used in a week came from foods classed as fats and oils. Another third originated from meat, poultry, and fish. The remaining third was part of other foods—some of it visible such as cream, but much unseen. Examples would be the chemical fat in cheese, eggs, or nuts, or fat incorporated into prepared foods such as baked goods or mixed dishes.

A wide variety of foods furnished saturated fatty acids and oleic acid, the unsaturated fatty acid that was consumed in the largest amounts. Sources by food group were similar to the sources of total fat.

The richest sources of linoleic acid, a polyunsaturated fatty acid, were cooking oils and salad dressings, which provided 26 percent (but only 6 percent of the total chemical fat), and poultry and fish, which provided 13 percent (but only 4 percent of the fat).

A number of the survey respondents had stated that they were avoiding fats or fatty foods, and they had in fact succeeded. Their average intake was 125 grams of chemical fat per person per day, as compared with 155 grams for all U.S. households in 1955. However, the ratio of polyunsaturated (linoleic) to saturated fatty acids was the same in both surveys (about 0.25). The OASDI recipients had used much less food fat (such as table spreads, shortening, and oil), but only slightly less chemical fat as part of other foods than did 1955 survey households.

Carbohydrate.—Of the total calories in the diets, 42 percent came from carbohydrate—20 percent from starch and 22 percent from sugar.

As compared with all U.S. households surveyed in 1955, the older group had used a much smaller quantity of grain products, which resulted in a slightly lower proportion of calories from starch but about the same proportion from sugar.

Protein, minerals, vitamins.—Four broad groups of foods (consisting of (1) milk, ice cream, cheese; (2) meat, poultry, fish, eggs, dry beans, peas, and nuts; (3) fruits and vegetables; and (4) grain products) together provided nearly all of the protein, minerals, and vitamins, but only three-fourths of the food energy calculated in the diets. One exception was vitamin A value, 11 percent of which came from butter and margarine. The protein-rich food group (meat, etc.) provided about half of the protein, iron, and niacin and a fourth of the vitamin A value, thiamine, and riboflavin (appendix table 28). Flour, cereal, and baked goods (mostly those that were enriched, restored, or whole grain) provided one-third of the thiamine, almost one-fourth of the iron and niacin, about one-sixth of the riboflavin and protein, and one-eighth of the calcium. Milk and milk products (excluding butter) alone provided two-thirds of the calcium, nearly half of the riboflavin, one-fourth of the protein, and significant amounts of vitamin A and thiamine. The vegetable-fruit group alone supplied nearly all of the ascorbic acid and half of the vitamin A as well as considerable quantities of minerals and other vitamins.

The nutrient contribution of groups of foods used in this study was very similar to that found in other studies of households. The principal difference was in the relative supply of ascorbic acid from vegetables and from fruits. The older households in this study obtained relatively more of their ascorbic acid from fruits and less from vegetables.

The older households used about the same amount of vegetables per person as all U.S. households studied in 1955, but they used more fruit, particularly citrus.

Use of Iodized Salt

Some iodine in the diet is necessary for health. In many areas, particularly along seacoasts, the required iodine is secured from water, seafood, and indigenous plants grown in soil containing this element. In endemic goiter regions, an iodine compound incorporated in table salt has been found effective in supplying iodine in the diet. Since Rochester is not situated in the goiter belt, it may be unnecessary to take the special precaution of using iodized salt. Nevertheless, both iodized and noniodized salt are available on the market, and it is of interest to see the extent to which this older aged group used the former type. Fifty-eight percent of the selected older households reported using iodized salt during the week of the survey (appendix table 26). The proportions were slightly higher for husband-wife households (62 percent), and one-female households (59 percent), but lower for one-male households (43 percent).

Effect of 1963 Changes in NRC Allowances

The standard used to evaluate the diets in this survey was the 1958 National Research Council's recommended dietary allowance for iron, calcium, and vitamin A value. An adaptation of the 1958 allowances was used for the other nutrients with the exception of niacin. Because of the difficulty in calculating niacin equivalents, the 1953 allowance was used. (See Glossary: *RECOMMENDED DIETARY ALLOWANCES.*)

After dietary levels of the households in this survey were assessed, the 1963 revised allowances became available. Major changes in the revised allowances that affect the adequacy of diets discussed in this report are: Lowering of the iron allowance from 12 to 10 milligrams per day for women 55 years of age and over; lowering of the thiamine allowance from 0.5 to 0.4 milligram per 1,000 Calories; and changing the riboflavin allowance from 0.025 milligram per kilogram of body weight to 0.6 milligram per 1,000 Calories.

The effect of these changes on household diets for all families has been estimated. Evaluated according to the revised 1963 allowances, the percentage of diets meeting recommended levels is larger than when diets were evaluated by the 1958 allowances, as shown by the following table:

	Households meeting—	
Nutrient	*1958 recommended allowances (percent)*	*1963 recommended allowances (percent)*
All 9 nutrients	44	47
Food energy	81	81
Protein	81	81
Calcium	68	68
Iron	70	81
Vitamin A value	80	81
Thiamine	63	83
Riboflavin	71	89
Ascorbic acid	70	71

Measured by either the 1958 or 1963 allowances, the proportion of diets graded good, fair, and poor is essentially the same.

Evaluation of the nutritional adequacy of household diets is complicated by differences in dietary needs that are related to sex, age, and activity of the members. To compare the nutritive value of diets of heterogeneous households with each other and with the National Research Council's recommended allowances, the nutritive value of each household's food supply was expressed in terms of averages per nutrition unit. The number of nutrition units in a household for a given nutrient indicates how many times the amount recommended for a young, physically active man is needed by the household to meet the recommended allowance for the nutrient (appendix table 13). (See Glossary: *EQUIVALENT NUTRITION UNIT*, for further definition.)

When compared with the NRC allowances for an adult male, family food supplies from this survey provided an overage of nutrients per nutrition unit per day, as shown by the following figures (from appendix table 27):

	Average per adult-male equivalent supplied by food used	*Recommended allowance for ingestion for 25-year-old man*
Food energy—cal.	4, 220	3, 000
Protein—grams	115	75
Calcium—grams	1. 03	. 8
Iron—mg.	13. 7	10
Vitamin A value—I.U.	12, 230	5, 000
Thiamine—mg.	1. 83	1. 5
Riboflavin—mg.	2. 54	1. 9
Niacin—mg.	23. 6	15
Ascorbic acid—mg.	132	75

In previous USDA dietary surveys (*6*, *8*), calcium was found to be the nutrient with the smallest percentage over the NRC recommended allowances. In this study, the nutrient with the least margin was thiamine. The average thiamine content of the diets per adult-male equivalent was 1.83 milligrams, which is 22 percent over the recommended allowance of 1.5 milligrams. Calcium averaged about 30 percent over the allowance, which corresponds with other survey findings. Although the average for each nutrient exceeded the recommendations, iron and ascorbic acid held positions somewhat different from those reported in the 1955 nationwide survey when nutrients were ranked according to the margin over the suggested allowance. The diets of the OASDI beneficiaries showed a lower margin of safety for iron (37 percent compared with 61 percent in 1955) and a more generous margin for ascorbic acid (76 percent compared with 56 percent). However, it must be stressed again that the high average figures listed above refer to the nutrients in the food supplies as brought into the kitchen rather than to the actual nutrient intake of the household members.

The averages viewed alone give an incomplete picture, since many households had diets either under or over the average shown above. Therefore, the data were examined in terms of the proportion of families having diets meeting a specified standard. The dietary standard used was the NRC recommended level for nine nutrients (food energy, protein, calcium, iron, vitamins A and C, thiamine, riboflavin, and niacin). Household food supplies were called good if the standards for the nine nutrients were met in full. Less than half (44 percent) of the households in this study satisfied this definition of a nutritionally good diet (table 6).

Calcium and thiamine, the nutrients for which margins of safety were low, also proved to be the nutrients that fell below the recommended levels most often. The diets of 3 out of every 10 households failed to meet the recommendations for calcium and those of about 4 in 10 households provided less than the recommended amounts of thiamine (appendix table 29). Although, the margin of safety for ascorbic acid was generally high, 3 out of 10 households failed to meet the NRC standard. Thus, a considerable number of these elderly Rochester households, like all U.S. households surveyed in 1955 and North Central households in 1952, had diets containing a short supply of calcium and ascorbic acid.

TABLE 6.—DIETARY ADEQUACY: *Percentage of households using food, at home in a week, that furnished the NRC recommended allowances for 9 nutrients*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Nutrient	Households having at least—	
	Recommended allowance [1]	Two-thirds recommended allowance
(1)	(2)	(3)
	Percent	*Percent*
All 9 nutrients	44	72
Food energy	81	96
Protein	81	98
Calcium	68	91
Iron	70	91
Vitamin A value	80	93
Thiamine	63	90
Riboflavin	71	93
Niacin	78	95
Ascorbic acid	70	84

[1] Adapted from the National Research Council's 1958 Recommended Dietary Allowances (1953 allowance for niacin). See Glossary: *RECOMMENDED DIETARY ALLOWANCES.*

The fact that many families had diets which failed to meet in full the National Research Council's allowances does not mean that poor nutrition was prevalent in this group. The allowances are dietary guides designed to maintain good nutrition in the majority of healthy people in the United States. To achieve this, the standard has been set at a high level. Diets that do not reach these rather high recommendations in individual nutrients may still be above minimum needs.

An examination was made of the households with diets meeting two-thirds of the NRC allowances for all nutrients. As shown in table 6, nearly three-fourths of the households in this study had diets that met two-thirds of the recommended levels for all nutrients. Fewer than 10 percent of the households had diets that failed to provide at least two-thirds of the recommended allowance for any nutrient, except ascorbic acid.

Interrelationships of Nutrients Below Recommended Allowances

Relatively few (one-fifth) of the Rochester households that had diets falling below the full NRC allowances in any nutrient failed in a single nutrient only (table 7). About a third of the households were short in five or more of the nine nutrients for which values were calculated.

The large proportion of multiple shortages contrasts sharply with comparable data from the 1955 survey of all households in the Nation as shown by the following:

	OASDI recipients (percent)	*United States 1955 (percent)*
Diets short in any nutrients[1]	56	48
Diets short in specified number of nutrients	100	100
1	19	38
2	16	20
3	11	14
4 or more	54	28

[1] The fact that classification for 1955 data was based on 8 nutrients and for OASDI recipients on 9 (including calories) made almost no difference in the comparability. Only 1 OASDI household failed in calories alone. If calories were excluded from the count, the figures for those diets short in 1, 2, 3, and 4 or more nutrients would be 20, 20, 8, and 52, respectively.

Only a slightly larger proportion of older households than of all U.S. households had diets falling below allowances in any nutrients. The older group, however, had about half as many diets short in a single nutrient and about twice as many short in four or more nutrients. This means that when older low-income people have poor diets they tend to be lower in nutritional quality than the poor diets of the population average.

Fewer households (about one in five) had diets failing to meet the full recommended allowances for protein, niacin, or vitamin A than for the other nutrients. However, nearly all of those low in protein were low in at least four other nutrients (table 7). Diets low in protein need dietary supplementation in more than protein alone. Groups of foods rich in protein (meat, poultry, and fish; milk and cheese; and grain products) also supply significant quantities of B vitamins and minerals.

A shortage of ascorbic acid was least likely to be associated with shortages in other nutrients. Of the households with diets not meeting the ascorbic acid allowance, one out of six was low in that nutrient alone, and two out of six in combination with only one, two, or three others. About half were low in four or more other nutrients. Nearly

TABLE 7.—SINGLE AND MULTIPLE SHORTAGES OF NUTRIENTS: *Percentages of households using food, at home in a week, that did not furnish recommended amounts [1] of a specified nutrient and of one or more other nutrients*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Nutrient	Diets short in specified nutrient [2]	Diets short in— [3]				
		Specified nutrient only	Specified nutrient and in—			
			1 other	2 others	3 others	4 or more others
(1)	(2)	(3)	(4)	(5)	(6)	(7)
	Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
Any of 9 nutrients	56	19	16	11	9	45
Food energy	19	2	4	12	4	78
Protein	19	0	0	2	4	94
Calcium	32	8	12	8	8	64
Iron	30	2	5	8	10	75
Vitamin A value	20	5	12	5	11	67
Thiamine	37	1	11	13	8	67
Riboflavin	29	1	8	7	10	74
Niacin	22	2	2	5	8	83
Ascorbic acid	30	17	10	7	12	54

[1] Adapted from the National Research Council's 1958 Recommended Dietary Allowances. See Glossary: *RECOMMENDED DIETARY ALLOWANCES.*

[2] Based on all households.

[3] Based on all households with diet short in specified nutrient.

all of the ascorbic acid was supplied by fruits and vegetables—almost half by citrus fruits. Although fruits and vegetables also supply a good share of the vitamin A value, a diet containing little of this group might be low in ascorbic acid and still contain enough vitamin A value from other sources (whole milk, butter or margarine, liver, or vegetables such as carrots, which are a good source of A but not of C).

Diets short in calcium or thiamine were less likely to be low in many other nutrients than were those short in protein but more likely than those failing in ascorbic acid. About two-thirds of the households not meeting allowances in either calcium or thiamine failed in four or more other nutrients. The situation for thiamine is similar to that found in other studies. There are few *rich* sources but several *good* sources of thiamine in foods that are fairly plentiful in the diets. For calcium, the situation was quite different from that in other surveys where households contained children and teenagers. The adults in this survey had a lower need for calcium than do growing young people; therefore, adults' diets were less likely to be short in calcium alone.

In other studies, some combinations of nutrient shortages occurred more frequently than others. Comparable data were examined for this study, but no combination occurred with enough frequency to warrant presentation of the data. Apparently the nutritional problems of this older group did not follow any specific pattern.

Calorie Overages

In this study, as in many other surveys of household food use, the average food energy content of the food used was considerably higher than the needs of the group demanded. A great deal of speculation has centered on how much of the calorie excesses represent overeating, waste, or overreporting of food quantities. The extent to which the high averages were due to food that was not actually consumed (waste or overreporting), must be taken into consideration in evaluating the diets. The food reported used but not eaten also contains protein, minerals, and vitamins. However, other studies have shown that much of the caloric loss in food discarded comes from fat on meat brought into the kitchen. This fat contains relatively little of other nutrients.

Data from this survey were studied to help in understanding the effect of excessively high calorie averages on the nutritive value of the food available. Diets were classified by grade as: Good—those that met the NRC allowances in all nutrients (including food energy); Fair—those that fell below allowances in one or more nutrients but not below two-thirds in any; and Poor—those that fell below two-thirds of the allowances in one or more nutrients (table 8). It was found that the food available to those whose diets were rated poor averaged barely enough calories to meet the needs of those in the group—3,040 Calories per nutrition

unit per day as compared with the 3,000 recommended. The fair diets contained more calories, on the average—3,730, and the food brought into the kitchen for those whose diets were classed as good provided considerably more calories—5,300.

If all of the nutrients in the fair and good diets were reduced by the proportion that the calories exceeded those of the poor diets, the fair diets would still contain more of each nutrient than would the poor, and the good diets more than the fair even though the average calories would be the same. Those with diets graded as better did, indeed, have better diets. Even if the proportion wasted or overreported had been the same for each nutrient as it was for calories (which is unlikely), the remaining nutrient content was greater with each successively higher diet grade. Those having better diets had made food choices that were richer sources of protein, minerals, and vitamins in relation to calorie content.

TABLE 8.—GRADE OF DIET: *Distribution of households by nutritive adequacy of food used at home in a week, by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Grade of diet [1]			
	All	Poor	Fair	Good
(1)	(2)	(3)	(4)	(5)
	Percent	*Percent*	*Percent*	*Percent*
All households	100	28	28	44
2-member households	100	26	30	44
Husband-wife	100	25	30	45
Other male-female	100	38	24	38
2 females	100	28	33	39
1-member households	100	31	25	44
1 male	100	39	13	48
1 female	100	29	28	43

[1] Diets were classified as good if food brought into the kitchen during the week contained food energy and 8 nutrients in quantities meeting or exceeding the amounts recommended by the NRC. Poor diets fell below ⅔ the recommended level in 1 or more nutrients. Fair diets fell below the full recommended level, but not below ⅔, in 1 or more nutrients.

From another viewpoint, however, the good diets may not have been quite so good as their general nutrient content indicates. When the individuals in each household were classified as normal weight (within 10 percent of ideal weight for height) or underweight or overweight (deviating by more than 10 percent from ideal weight), it was found that overweight was most prevalent among those having good diets, as shown by the following (from appendix table 30):

	Grade of diet		
	Poor (percent)	*Fair (percent)*	*Good (percent)*
Household members classed as—			
Overweight only	22	22	27
Overweight and normal weight [1]	11	13	19
Overweight and underweight [1]	6	4	2
Underweight only	14	14	8
Underweight and normal weight [1]	9	15	9
Normal weight only	38	32	35
All households	100	100	100

[1] 1 household member in each category in each household.

About 6 in 10 of the households with diets in each group contained persons of normal body weight. The poor and the fair diet-grade groups contained about the same distribution of underweights and of overweights. However, the households with good diets included more overweight and fewer underweight persons than did either of the other groups. These results indicate that some of the calorie excess over allowances was being consumed by those with good diets—to the detriment of their weight situation.

Differences Related to Household Type

The same percentage of two-member and one-member households had good diets; i.e., met the recommended allowances in all of nine nutrients—44 percent. However, there were some differences in the nutritive quality of diets among the selected household types (table 8). Although men living alone had the highest percentage of good diets, they also had the highest percentage (39 percent) of poor diets. As previously stated, poor is the term applied to diets that fell below two-thirds of the recommended level in one or more nutrients. Fewer diets of this type were found among the one-female households (29 percent) and husband-wife households (25 percent) (fig. 2).

In general, the proportion of diets meeting the allowance in each nutrient was similar for all the selected household types. More of the single women's diets, however, fell considerably below the level recommended for iron. Only 55 percent of the women living alone met the allowance in full, compared with 87 percent of the one-male households and 77 percent of the husband-wife households (appendix table 29). In part, the explanation lies in the fact that the NRC iron allowance for women is higher than that for men.[4]

[4] After menopause, the healthy adult woman's dietary requirement for iron is small (4). Thus, the iron allowance for older women probably is overly generous. Many whose diets were below the recommended level in this nutrient possibly were receiving ample amounts. Measured by the new 1963 allowance of 10 milligrams, 70 percent of the women living alone met the iron allowance in full.

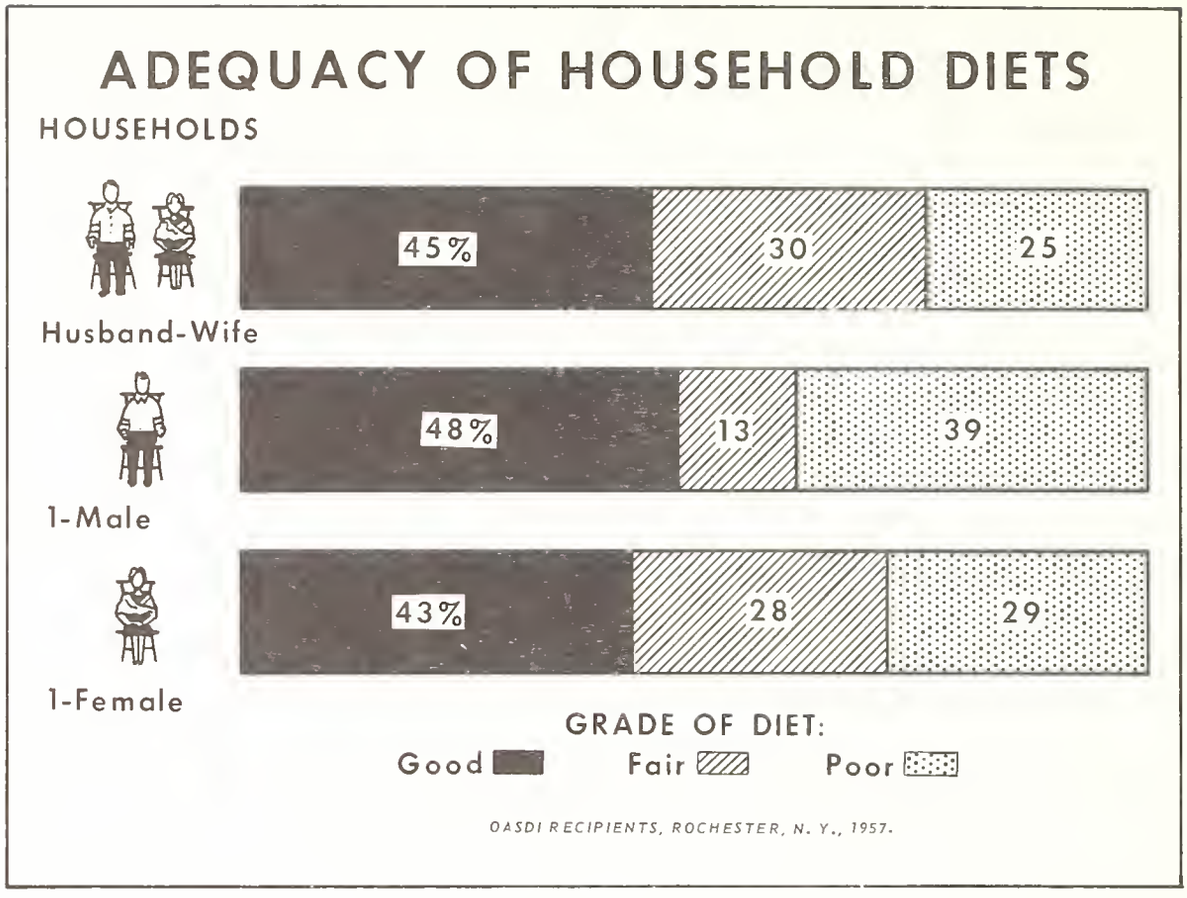

FIGURE 2.—Adequacy of household diets.

The other reason one-female households had difficulty meeting the recommendation was their failure to include liberal amounts of iron-rich foods in the week's menus. The diets of the single women contained smaller amounts of meat, eggs, grain products, and potatoes than did the diets of single men and married couples. The single women's choice within a food group also affected nutrient levels. For example, women living alone used only 0.8 pound per person of dark-green and deep-yellow vegetables, in contrast to 1.3 pounds used by single men.

Slightly under 70 percent of the diets of both husband-wife and one-female households met the allowance for calcium, whereas 83 percent of the one-male household diets reached the recommended level. The additional calcium in the diets of the single men was derived from their greater consumption of milk and milk products. They used 5.1 quarts (in terms of milk equivalent), compared with 4.0 quarts per person for married couples and 4.6 quarts for women living alone.

Use of Vitamin Preparations

One of the questions asked in the interview was whether anyone in the household had taken any vitamin preparations in the past week and, if so, what these were. The content of these vitamin preparations was not included in the calculations of the nutritive value of the food, but even if they had been, there would have been little difference in the classification of the diets.

Over one-third (37 percent) of the OASDI households reported some use of vitamin preparations during the survey week. Nearly all of the preparations contained several vitamins, although a few contained iron and calcium in addition, and a few consisted of a single vitamin (vitamin A or thiamine). Half of the households taking the vitamin preparations were among those with diets classed as good. Their food already contained more than the NRC recommended amounts of each nutrient. For them, spending money on supplements was probably superfluous, although some may have had higher-than-normal vitamin needs. However, those with fair or poor diets were scarcely making any wiser use of supplements. Of those whose diets failed to meet the recommended levels in any nutrient and who were taking supplements, only one in four was using preparations that covered all of his dietary shortages. Another two out of four were using preparations that contained some but not all of the nutrients in which their diets fell short, and the remaining fourth were taking the wrong supplements. The latter group were taking those vitamins that were already in adequate supply in their diets but none of those in which their diets failed.

One example of misuse of vitamin preparations was the case of a 70-year-old woman living alone.

Her diet fell below two-thirds of the NRC recommendations in calories, protein, calcium, iron, and the three B vitamins, but met the allowance for vitamins A and C. She was, however, taking a preparation containing vitamins A and C—the nutrients not needing supplementation. Her only income for the year before had been from her OASDI checks and a very small gift of cash. The money that she had spent on vitamins could probably have been used much more effectively on food or on a more appropriate selection of vitamins.

With such evidence of poor choices of vitamin suplements, it is not surprising that their use had little effect on the classification of diets, as shown by the following:

Grade of diet	Food only (percent)	Food and supplements (percent)
Good	44	48
Fair	28	26
Poor	28	26
All households	100	100

There was some difference among the household type groups in the proportion using vitamin preparations, as shown by the following percentages of those in each household type group reporting such use:

	Percent
Husband-wife	37
Other male-female	46
2-female	61
1-male	17
1-female	35

These data indicate that supplements are the most popular among women, whether living alone or not.

Factors Related to Dietary Adequacy

As shown in the preceding section, nearly half (44 percent) of the households surveyed had good diets; about a fourth (28 percent) had fair diets; and the remaining fourth had poor diets. This section reports attempts to discover why those having poor diets did so. Was this all they could afford? Or were there other reasons such as ill health or problems in eating? Data have already been published showing that differences in marketing practices do not seem to provide a causal explanation of the nutritional level achieved (*1*). What, then, were the factors related to dietary adequacy?

Spending Level

Households were sorted into three groups: (1) Low—those with money value of food at home per person below the cost of food in the USDA low-cost food plan (*3*) for April–June 1957 in the Northeast for the age, sex, and numer of members in the household; (2) Moderate—those with money value of food between that of the low-cost and the liberal food plan; (3) Liberal—those with money value exceeding that of the liberal food plan. Approximately a third of the households fell into each spending-level group (appendix table 31).

When households were grouped by diet grade and spending level, it was shown that three-fourths of those with poor diets spent less than the cost of the food in the low-cost food plan as shown by the following:

	Grade of diet		
Spending level	Poor (percent)	Fair (percent)	Good (percent)
Low	75	41	5
Moderate	24	41	41
Liberal	2	18	54
All households	100	100	100

At the other end of the scale, half of those with good diets were spending more than the cost of food for the liberal food plan. However, there were a few households with liberal expenditures that nonetheless had poor diets, and there were a few who managed to obtain good diets at low cost. It seems to be difficult, but not impossible, to provide a good diet at costs below that of the low-cost food plan.

Income

Many older persons have assets accumulated over years, which may better indicate their available resources than current income does. Since a complete statement of assets and liabilities is difficult to obtain, an attempt was made in this study to ascertain merely changes in holdings. The net change together with current money income was labeled "available funds." Many of the respondents, however, gave vague answers, either because of lack of familiarity with finances managed for them by someone else or because of reluctance to disclose information on resources. There was general willingness to mention the sources of income—i.e., pensions, salaries, dividends, rents, family contributions—but considerable resistance or lack of information on exact figures.

An attempt was made to classify the economic level of the families by the sources of income mentioned. It was assumed that older people with resources such as stocks, property, and annuities would probably have purchased these themselves in earlier years and would therefore be in a fairly good economic position. Those whose only income was from their OASDI payment or who were receiving public assistance or were supported by relatives or friends were likely to be the least well off. Those who had no income-producing assets but were working or receiving industrial pensions were probably between the other two groups as to means.

The three economic classifiers—money income, available funds, and economic level as indicated

by source of income—were studied. No single classification appeared to be consistently better than the others. Income, however, proved to be a somewhat better indicator of diet grade than did the other two classifiers.

The means to buy an adequate diet as indicated by money income was related to the grade of the diet, but not nearly so clearly related as was the actual level of spending, as shown by the following (from appendix table 32):

	Grade of diet		
Money income in 1956	*Poor (percent)*	*Fair (percent)*	*Good (percent)*
2-member households:			
Under $2,000	51	35	27
$2,000–$2,999	32	21	33
$3,000 and over	17	44	40
All	100	100	100
1-member households:			
Under $1,000	34	29	24
$1,000–$1,999	44	33	43
$2,000 and over	22	38	33
All	100	100	100

In two-member households, half of the poor diets and only one-fourth of the good diets were found among those with lowest incomes. Few of the poor diets and two in five of the good diets existed in the highest income group. Among single persons, there was little relationship between income and diet grade.

Is the ability to spend as indicated by income related to what is spent? Such a relationship does appear to exist. Those who do not spend enough are quite likely to be the ones who do not have it to spend, as indicated by the following percentages of households in each income group that were spending less than the cost of food in the low-cost food plan:

Money income in 1956	*Spending less than needed for low-cost food plan (percent)*
2-member households:	
Under $2,000	47
$2,000–$2,999	26
$3,000 and over	16
1-member households:	
Under $1,000	43
$1,000–$1,999	40
$2,000 and over	27

A little less than half of those in the lowest income group were spending less than the amount generally needed for an adequate diet. However, about a sixth of the two-member households and a fourth of the single persons in the highest income group, who could presumably have found it easier to buy a good diet, were also spending this little. Therefore, expenditure, although related to means, must also be influenced by other factors, particularly for people living alone.

Education of Homemaker

Other surveys have indicated that homemakers with higher education provide better diets, in general, than do those persons with fewer years of formal education. This relationship did not exist among the older homemakers surveyed in Rochester. For one thing, 6 in 10 of the homemakers in these older households had no more than an elementary education; less than 1 in 10 had attended college (appendix table 33). Furthermore, a group such as this, with an average age of over 70 years, grew up in an era when few people attended schools of higher education. Consequently, education is less likely to be related to intelligence or earning power among this group than among younger people. It is not surprising, therefore, that diet grade is also little related to formal education as indicated by the following:

	Grade of diet		
Education of homemaker	*Poor (percent)*	*Fair (percent)*	*Good (percent)*
Elementary only	63	54	61
High school	32	40	30
College	5	6	9
All households	100	100	100

Employment of Homemaker

Other food consumption surveys conducted by the Department of Agriculture (*14*) give no evidence of any clear-cut relation between employment of the homemaker and adequacy of the diets. In this survey of older persons, there was no relation at all (appendix table 33). Fifteen percent of both the poor and the good diets were found in households where the homemaker was employed outside the home.

Age of Homemaker

Other surveys have shown that households with homemakers over 60 years of age tend to have poorer diets than do those with younger homemakers, but that there is little difference in diet quality among the younger groups (*13*). In this study, all of the homemakers were over 55—most of them over 65. Yet a greater proportion of households with poor diets had homemakers 75 years and over than did those with good diets, as shown by the following:

	Grade of diet		
Age of homemaker	*Poor (percent)*	*Fair (percent)*	*Good (percent)*
55–74 years	56	67	80
75 years and over	44	33	20
All households	100	100	100

Because calorie requirements decrease with advancing age, with no corresponding decrease in requirements for other nutrients, foods must be selected with greater care to obtain necessary

vitamins, minerals, and protein without excessive calories. These older people, apparently, had difficulty doing this.

Food Limitations Related to Health

Questions were asked about each individual in the households surveyed as to whether he chose or avoided any specific foods and for what reasons such as disease condition, discomfort after eating, recommendation of doctor, preference, and difficulty in chewing. State of health and chewing difficulties may influence diet of older persons, and furthermore, such relationships would be more apparent in one- and two-member households than in larger family groups. Therefore, this study included some investigation of these factors.

Based on their reporting of these dietary restrictions, households were sorted as follows:

(1) Where either household member reported a special diet because of—
- Diabetes.
- Cardiovascular disease.
- Gallbladder trouble.
- Disease of the gastrointestinal tract —included ulcers, stomach disorders, diseases of colon.
- Other diseases—included arthritis, allergy, epilepsy, prostate trouble, ruptured diaphragm.

(2) Where neither household member reported any of the above diseases but where either restricted intake because of—
- Weight control.
- Serious difficulty in chewing, related to missing teeth or to bridgework or plates.
- Poor appetite.

(3) Where neither household member reported any of the above problems but where either avoided individual foods because of discomfort after eating or because of dislikes or notions about effects of the food (i.e., "spaghetti sauce is too spicy," "fat causes sour stomach," "sweets cause acid condition in system," "bananas give gas pains," "milk is constipating"). This group of reasons was labeled as "prejudice or discomfort."

(4) Where both household members reported no foods that they were unable to eat.

As shown in the following table and appendix table 34, 8 in 10 of the survey households reported some dietary limitations related to health. Three in ten households reported an organic disease that necessitated dietary modification for one or more members. About 1 in 10 reported no illness but general lack of appetite for food. Very few claimed any real interference with eating because of chewing problems. No comparable data are available from other surveys of older persons. A younger group might have fewer health problems.[5]

The relationships between diet quality and food limitations follow:

Principal reason reported for food limitation	*Grade of diet*			*All households*
	Poor	*Fair*	*Good*	
	(percent)	*(percent)*	*(percent)*	*(percent)*
Any limitation	79	77	80	79
Organic disease	22	34	30	29
Diabetes	0	10	8	6
Cardiovascular disease	4	9	6	6
Gallbladder trouble	8	4	4	5
Gastrointestinal disease	5	10	8	8
Other diseases	5	1	4	4
Weight control	19	15	10	14
Chewing difficulty	5	6	3	5
Poor appetite	16	3	8	9
Prejudice or discomfort	17	19	29	22
No limitation	21	23	20	21
All households	100	100	100	100

Neither diseases requiring special diets nor chewing difficulties appear to be related to the consumption of poor diets. In fact, none of those with poor diets were diabetics, and relatively few had cardiovascular disease. Dietary limitations that were most closely related to poor diets were those imposed by attempts at weight control and by poor appetite. Lack of interest in eating was a much more serious problem for those living alone than for those living with another person. Only about 10 percent of the two-member households with poor diets reported lack of appetite; the comparable proportion for one-member households was about 25 percent (appendix table 34).

Relatively more households restricting their diets because of prejudice against or discomfort associated with eating specified foods appeared in the good-diet group than among those with poor diets. For the most part those classified in the "prejudice or discomfort" group listed few foods they avoided, so that the impact on the nutritional quality of the diet was probably slight. A number reported avoidance of sweets—a practice which might have had a beneficial effect on diet quality if the foods substituted for the sweets were higher in nutritional value. The group that reported no limitations at all may, in fact, also have avoided some foods because of preference but may have forgotten about items that they had long since discarded from their menus.

It would seem, then, that health problems did not seriously affect the nutritive quality of diets of

[5] In a study of 200 families in Berkeley, Calif. (*10*), about 10 percent of the individuals were following modified diets. This figure may be compared with the 43 percent of the OASDI households containing members limiting food intakes because of illness or weight control.

these elderly people, but that lack of appetite or interest in food did. Furthermore, those who were trying to lose weight tended to make poor dietary choices.

National Origins

Another factor affecting the food choices that people make is the diet pattern learned early in life. Little is known, however, about how the overall pattern of these choices affects the quality of the diet, particularly as people age. To study this problem, households were sorted into groups based on the birthplace of the members or of their mothers if the members, themselves, were born in the United States. The countries of birth were grouped broadly as: (1) Anglo-Saxon, which included the British Isles and Canada; (2) Western Europe, which included mostly people of Germanic origin; (3) Eastern Europe, which comprised Poland, Russia, and Lithuania; (4) Mediterranean (nearly all from Italy). It is recognized that these are not clear-cut divisions so far as food patterns are concerned. Western Europe might include some people of Slavic origin as well as a few French and Hungarians, and Canada could include French as well as British Canadians. However, most of those in each group seem to be of similar ethnic origin.

Households in which members were born in the United States had about the same quality of diets as those in which one or more of the members were foreign born. Birthplace of the mothers, whether American or foreign, also appeared to be unrelated to the diet quality of the native-born Americans except for a slightly larger proportion of the good than of the poor diets among households with Anglo-Saxon mothers. However, birthplace of those who were themselves foreign born was a factor for those of Anglo-Saxon and of Italian origin. Few of the good diets appeared in households with Anglo-Saxon heritage, and almost none of the poor or fair diets were found in households of Italian heritage.

The apparent high quality of the Italian diets might be related to the basic diet pattern, which is likely to be high in tomato sauces, green salads, and cheese. Or it may be that many Italian dishes contain foods prepared in such a way as to require no dietary changes as people age.

The relations between diet quality and birthplace follow (from appendix table 35):

National origins	*Grade of diet*		
	Poor (percent)	*Fair (percent)*	*Good (percent)*
All members born in United States	49	65	54
Mothers:			
United States only	27	37	30
Any foreign	22	28	24
Anglo-Saxon	8	11	14
Western Europe	14	16	10
Mediterranean	0	1	0
Any member born in foreign country	51	35	46
Anglo-Saxon	23	24	7
Western Europe	14	6	10
Eastern Europe	10	4	6
Mediterranean	4	1	23
All households	100	100	100

Summary

The factors most closely related to poor diets were low expenditure on food, little appetite, and age. Some of those who were spending little on food could be presumed to have had the means to spend more. Possibly they were not buying a good diet because of lack of interest or advanced age. The findings suggest that reported ill health was not responsible for the poor diets among OASDI recipients.

NUTRIENTS IN MEALS OF HOUSEHOLD MEMBERS FOR 2 DAYS

In addition to the food list on which was entered food used at home by the household during the survey week, this study included data entered in menu form (also on a recall basis) for foods eaten by each household member at home and away from home for the 2 days preceding the interview.

The nutritive values of these foods are much lower than similar averages for the food used by households in 1 week. This finding is in line with other studies of the diets of individuals that have sought to measure actual food intake and of the household-use studies that measure economic consumption. Part of the difference between the two types of surveys is in the discard or waste of food or food fed to pets. Part can be attributed to methodological differences in collecting and handling the data. This survey was not designed as a project to investigate these differences, but it has afforded an opportunity to investigate some of them (appendix C).

To determine the accuracy of the reporting of respondents in any survey is always extremely difficult. In this particular survey, the investigators have evidence that underreporting of food eaten during the 2-day menu study was greater than overestimating of food used during the week.

Therefore, the data on the nutritive content of the 2 days' meals have not been used to study dietary adequacy. But because there is no evi-

dence of relatively more underreporting at one meal of the day than at another, at home than away from home, or by the male than by the female members of the household, the data have been used to report on some of the differences in the meal patterns of this population group. This type of information is very useful in dietary evaluations, and cannot be obtained from the household data reported earlier in this publication.

Comparison of Meals

Household members were asked to list under these headings foods eaten: Morning meal, noon meal, evening meal, snacks. Before presentation of data on the nutrient content of the meals, the pattern of the meals themselves is discussed.

Meals Missed

About one in eight of the persons interviewed omitted one or more of the six meals that are customarily served in a 2-day period in this country (table 9). Men, whether single or married, were more prone to skip meals than the women were. Furthermore, those men who omitted any meals omitted more than the women did. Women living alone were not inclined to skip meals any more than married women were, but the relatively few single men who kept house for themselves reported a much higher proportion of meals missed than did married men. Both men and women living alone who skipped meals skipped a higher percentage of meals than did married couples.

The meal most often omitted was that in the middle of the day. The other missed meals were fairly evenly divided between evening and morning for men, but were more likely to be the evening meal for women. Nothing is known about the precise timing of the meals. It is possible that the meal that was called the evening meal was the one main meal of the day and was eaten in the late afternoon. Another problem complicating the interpretation of meal omission is the reporting of snacks on some of the days when meals were missed. The respondents' own definitions of meals and of snacks were accepted. At any rate, this group of elderly persons did not miss breakfast, although some ate only two meals a day.

Noon and Evening Meals

Evening meals were about one-tenth larger than noon meals when measured in terms of calorie content for those respondents having each type of meal (appendix table 39). The sources of the food energy were the same for both types of meals —18 percent of the calories from protein, 45 percent from fat, and 37 percent from carbohydrate. The ratios of iron, B vitamins, and ascorbic acid to calories were also the same for both noon and evening meals (appendix table 40). The only differences were a lower proportion of calcium and a higher proportion of vitamin A in the evening meal than at the noon meal. These comparisons show that about the same types of foods were being consumed at both meals, but in slightly larger quantities in the evening. However, the

Table 9.—Meals missed: *Persons missing meals, having snacks on days of missed meals, percentage of meals missed, and distribution by meal of day from meals consumed at home and away in 2 days; by selected household type and sex of individuals*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and sex of individuals	Persons missing meals	Having snacks on days when meals were missed	Meals missed		Missed meals by meal of day			
			All persons	Persons missing meals	All	Morning	Noon	Evening
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
All households: [1]	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All persons	13	4	3. 5	26. 4	100	16	63	21
Males	16	4	4. 4	28. 0	100	19	66	15
Females	12	3	2. 9	25. 0	100	12	61	27
Husband-wife households:								
Males	13	4	3. 4	26. 9	100	28	51	21
Females	10	3	2. 4	23. 3	100	5	66	29
1-member households:								
Males	35	9	10. 9	31. 2	100	0	93	7
Females	10	5	3. 1	29. 6	100	12	57	31

[1] Includes other household types not shown separately.

evening meal included richer sources of vitamin A and a smaller quantity of milk products than did the noon meal.

Breakfasts

Not only were breakfasts considerably smaller than either of the other meals (containing about two-thirds as many calories as noon meals) but they were also quite different in pattern. The morning meals were the lowest in protein and fat (12 and 37 percent of total calories, respectively) and highest in carbohydrate (51 percent). In relation to calories, breakfasts also contained the highest proportions of calcium, thiamine, and ascorbic acid, and the lowest proportions of iron, vitamin A, and niacin. These data indicate that breakfasts were largely composed of cereal, baked goods, and foods rich in ascorbic acid (probably citrus or tomato juices). Few breakfast meats were consumed in the morning.

Snacks

About half of the persons studied reported having snacks during the 2 days for which such information was requested (table 10). Husbands snacked more than their wives did—single women more than single men.

Some of the snacks reported consisted only of beer or wine. Such liquid refreshment was more popular with men, single or married, than with women. Single women were least prone to between-meal consumption of alcoholic beverages (or perhaps they were less likely to tell about it).

The average snack was about half the size of a breakfast, in terms of energy value. In proportion of protein, fat, and carbohydrate, snacks were closer to breakfasts than to other meals. Protein was only slightly higher in snacks than in breakfasts (14 percent of the calories).

The calcium content (relative to energy value) of snacks was higher than that of any of the meals. Iron, vitamin A, riboflavin, and niacin content were the lowest. Ascorbic acid content of between-meal food was almost as high as that of breakfasts. These nutrient relationships indicate that milk or other dairy products and fruit were popular items for between-meal consumption.

Comparison of Individuals

Husbands consumed an average of one-fifth more food than did their wives (in terms of food energy) for the average of the 2 days and at noon and evening meals and between meals (appendix table 39). The proportion of the calories from protein, fat, and carbohydrate and the proportion of other nutrients to calories was the same for both husbands and wives for noon and evening meals. Breakfast patterns, however, were different for the two. Husbands' breakfasts not only were larger than their wives' breakfasts (containing one-fourth more calories) but also were higher in protein and lower in calcium and ascorbic acid in relation to energy value.

Husbands and wives also ate differently between meals. Snacks consumed by husbands were, on the average, a little lower in protein and higher in fat than those of their wives. As at breakfasts, husbands ate snack foods lower in calcium than their wives did.

Table 10.—Snacks: *Persons reporting, average number per day for those having, and percentage with no nutritive value calculated, snacks at home and away in 2 days; by selected household type and sex of individuals*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and sex of individuals	Persons having	Snacks per day per person having	With no nutritive value calculated [1]
(1)	(2)	(3)	(4)
All households: [2]	*Percent*	*Number*	*Percent*
All persons	47	0. 83	8
Males	49	. 84	13
Females	46	. 82	5
Husband-wife households:			
Males	52	. 85	12
Females	39	. 87	8
1-member households:			
Males	30	. 93	31
Females	51	. 85	3

[1] These consisted of beer or wine and were based on total number of snacks.
[2] Includes other household types not shown separately.

The 23 single men in the sample consumed an average of about one-fifth fewer calories per day than did the married men. Men living alone had noon and evening meals that were smaller in terms of energy value, breakfasts that were about the same, and snacks (for the few who had them) that were larger. The nutrient pattern of the single men's diets was also quite different from that of the married men's diets. In general, single men had 2-day diets that were lower in percentage of protein and fat and higher in carbohydrate than did men with wives to cook for them. The snacks of men living alone were composed of foods much richer in calcium but much lower in ascorbic acid then the snacks of married men. Their breakfasts, however, were similar.

Women living alone had diets almost as high in calories per day as did married women. However, the patterns of the diets differed. The food of single women was higher in carbohydrate, lower in fat, and richer in calcium than that of married women. Single women consumed food higher in ascorbic acid than did women living with their husbands.

Comparison of Meals at Home and Away

As a whole, the group of older persons ate few meals away from home. When they did eat out, it was more often as guests than as restaurant patrons (appendix table 36). In a few cases these respondents received meals without cost at their place of employment. Single people, especially men, ate more of their meals out than did the married persons. The lone individuals were invited out more often, and the single men also purchased more meals away from home.

The most popular time for eating out was at noon, except for the husbands; they divided their dining out equally between noon and evening.

Very few breakfasts were eaten away from home, and very few evening meals were purchased away. Eating out in the evening was largely confined to guest meals. Almost no snacks were reported eaten away from home.

Because of the few breakfasts and few purchased evening meals eaten out, comparison of nutrients from meals at home and away is confined to noon meals. Meals of single men will be omitted from the discussion entirely because of the small number of meals represented.

There was no consistent pattern in the comparison of energy value of noon meals at home and away, for the different groups of people studied (table 11). When they ate out, married men consumed about the same amount of food whether they paid for it or not. In both instances, the meals out were larger than those at home. Married women varied their calorie intake little no matter where they ate. In contrast, single women ate about the same quantity of food when

Table 11.—Noon meals by source: *Average calories per person per meal (based on meals eaten); percentage of calories from protein, fat, carbohydrate, and minerals and vitamins per 1,000 Calories; from meals consumed at home and away in 2 days; by selected household type and sex of individuals*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Nutrient	Husband-wife households						1-female households		
	Males			Females					
	At home	Away from home		At home	Away from home		At home	Away from home	
		Purchased	Guest		Purchased	Guest		Purchased	Guest
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Food energy—cal.	640	750	790	540	550	570	480	460	580
Calories from—									
Protein—pct.	18	18	17	18	18	18	18	19	20
Fat—pct.	45	39	46	46	37	39	43	36	33
Carbohydrate—pct.	37	43	37	36	45	43	39	45	47
Nutrients per 1,000 calories:									
Calcium—mg.	350	380	370	340	270	360	460	260	340
Iron—mg.	7	7	6	7	7	6	7	5	6
Viatmin A value—I.U.	3, 600	3, 000	2, 500	3, 200	1, 700	2, 700	4, 100	1, 900	2, 400
Thiamine—mg.	0. 5	0. 5	0. 6	0. 5	0. 5	0. 5	0. 6	0. 3	0. 4
Riboflavin—mg.	0. 8	0. 7	0. 7	0. 8	0. 8	0. 7	0. 9	0. 6	0. 7
Niacin—mg.	9	7	6	9	6	7	8	8	10
Ascorbic acid—mg.	20	10	20	30	10	20	30	50	30

they purchased their meals as when they cooked them, but ate considerably more when entertained by others.

The sources of calories in food away from home differed from those of food eaten at home in a rather consistent manner. The percentage of calories from protein was fairly constant, but noon meals eaten out tended to be lower in fat and higher in carbohydrate than did noon meals at home. Vitamin and mineral content showed little relationship to the source of the meal.

In household food studies where data are collected for only the food used at home, it is common practice to base average nutrients on a 21-meal-at-home equivalent person (for a week's food). This practice enables comparison of different size households who further differ in the proportion of meals eaten away from home and in the number of meals served to guests. The extent to which such averages misrepresent total nutrients would be related to the amount of eating out and the difference in nutrient content of food at home and food eaten away from home. This study can give only a hint as to the distortion introduced by using averages per equivalent person, since there was relatively little eating out. Furthermore, a group of different age or family size might have meals away from home that differed more or less from meals at home.

For the group as a whole, average nutrients in all food consumed in 2 days at home and away from home differed from averages per 21-meal-at-home equivalent person by no more than 1 percent for most nutrients, 2 percent for vitamin A value, and 3 percent for ascorbic acid. Both vitamins A and C were more plentiful in food at home than away (appendix table 38).

Single men and women had a higher proportion of meals out (11 and 8 percent, respectively, compared with 6 percent for all persons). It is not surprising that the differences between the two types of nutrient averages for their diets should be greater than that for the entire group. But in no case was the difference more than 5 percent. Therefore, it can be concluded that for the group of persons in this survey, analysis of diets based only on food at home would suffer little from distortion.

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APPENDIX A.—TABLES

Notes on Use of Tables

The tables in this appendix describe some characteristics of the households (tables 12–15) and of the individuals in this survey (tables 16, 17); summarize the money value and quantities of food used by households during the survey week (tables 18–26); and present some data on the meals consumed at home and away from home by individual household members for 2 days (table 36), and on the nutritive value of this food (tables 37–40). Most of the data are presented for all households and by number of members and type of household. The tables on the meals for 2 days show data also by the sex of the individuals.

For convenience, the foods used in the home have been classified primarily into groups according to their nutritional contribution to diets. Additional detail has been provided on market forms of some foods.

Averages in these tables, unless otherwise stated, are based on all households in the cell (shown in col. 2 on tables 12, 18, and 27) whether or not they made the expenditure or used the food, as the case may be. Anyone wishing to compute averages per household spending or using can do so by dividing the average for all households in the cell by the percentage having. Such averages may be subject to considerable error if the total number of cases in the cell is small or if the number having is small.

The basic data on foods consumed are for the household. Per-person averages for groups of households were computed by dividing the average household quantities by the average number of "21-meal-at-home equivalent" persons in the household table 13, column 2. The use of the number of 21-meal-at-home equivalent persons for computing averages per person is an attempt to adjust for the fact that the number of persons in the family is not always identical with the number of persons eating from household (home) food supplies. Some family members may have eaten meals away from home, and nonfamily members (guests, hired help, boarders) may have eaten from the respondent's household food supplies. This method has the limitation of assigning equal weight in quantity and cost to all meals (morning, noon, and evening), and makes no allowance for any difference between amounts or kinds of food at meals eaten away and those served at home.

The quantities of foods used as presented in tables 20–25 are for economic consumption; that is, foods reported at the kitchen level as used by the household in the week even though not actually eaten. The nutritive value of this food, as shown in tables 27–29, has been corrected for estimated losses of four vitamins in cooking. Nutritive values of meals shown in tables 37–40 are for food reported as eaten at meals by individuals.

Component parts of tables showing averages or percentage distributions may not add to totals, since no adjustments were made in computed averages or percentages to make them add.

TABLE 12.—INCOME AND AVAILABLE FUNDS: *Average per household and distribution of households by money income after income taxes, 1956; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Households	Available funds [1]	Money income	Households with money income (dollars) of—						
				Total [2]	Under 1,000	1,000–1,999	2,000–2,999	3,000–3,999	4,000 and over	Not classified [3]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
	Number	*Dollars*	*Dollars*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All households	283	2,485	2,274	100	13	38	25	14	10	(18)
2-member households	174	2,838	2,666	100	3	35	29	20	13	(18)
Husband-wife	143	2,850	2,641	100	3	34	31	17	14	(11)
Other male-female	13	2,411	2,921	100	-------	50	-------	33	17	(54)
2 females	18	2,890	2,880	100	-------	25	12	62	-------	(56)
1-member households	109	1,906	1,649	100	29	44	18	5	5	(18)
1 male	23	1,849	1,669	100	22	50	18	9	-------	(4)
1 female	86	1,929	1,643	100	31	42	18	3	6	(22)

[1] See Glossary: *AVAILABLE FUNDS.*

[2] Base excludes the "Not classified" group.

[3] Based on all households. The major part of the "Not classified" group comprises households unwilling or unable to report their income; includes also 11 households made up of people who did not pool major expenditure items during 1956 and/or during the week of the interview.

TABLE 13.—HOUSEHOLD SIZE: *Average in equivalent persons and in equivalent nutrition units, based on number of meals served at home in a week; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Equivalent persons (21 meals at home = 1 person)	Equivalent nutrition units [1]							
		Food energy	Protein	Calcium	Iron	Vitamin A value	Thiamine and niacin	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
All households	1.58	1.00	1.32	1.58	1.77	1.33	1.13	1.33	1.52
2-member households	1.96	1.27	1.65	1.97	2.18	1.66	1.42	1.67	1.89
Husband-wife	1.97	1.29	1.67	1.97	2.16	1.68	1.43	1.69	1.90
Other male-female	1.97	1.36	1.71	1.97	2.17	1.73	1.51	1.73	1.91
2 females	1.92	1.04	1.48	1.93	2.30	1.49	1.29	1.51	1.79
1-member households	.97	.56	.78	.97	1.12	.79	.67	.79	.91
1 male	.93	.70	.88	.93	.93	.89	.73	.89	.93
1 female	.98	.53	.75	.98	1.17	.76	.65	.76	.91

[1] See Glossary: *NUTRITION UNITS.*

TABLE 14.—HOUSEHOLD COMPOSITION: *Distribution of persons in specified sex and age groups, based on meals served to all persons, from home supplies in a week; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N. Y., spring 1957]

Household type	Total	Men				Women				Children under 21 years
		Total men	21–54 years	55–74 years	75 years and over	Total women	21–54 years	55–74 years	75 years and over	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
	Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All households	100. 0	39. 5	0. 4	22. 4	16. 7	59. 9	0. 2	42. 3	17. 4	0. 5
2-member households	100. 0	45. 1	. 4	26. 4	18. 4	54. 4	. 2	40. 7	13. 5	. 5
Husband-wife	100. 0	50. 0	. 5	29. 3	20. 2	49. 5	. 2	38. 5	10. 8	. 5
Other male-female	100. 0	50. 5	0	27. 3	23. 2	49. 5	0	41. 7	7. 8	0
2 females	100. 0	1. 5	. 1	1. 4	0	97. 5	. 4	57. 2	39. 9	1. 0
1-member housholds	100. 0	21. 4	. 6	9. 5	11. 3	78. 0	. 3	47. 8	30. 0	. 6
1 male	100. 0	100. 0	0	44. 2	55. 8	0	0	0	0	0
1 female	100. 0	1. 5	. 7	. 7	0	97. 8	. 3	59. 9	37. 6	. 7

TABLE 15.—MEALS SERVED AT HOME IN A WEEK: *Average number of meals by time of day served to all persons in household and to guests or hired help in a week, by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Meals served			
	Total	Morning	Noon	Evening
(1)	(2)	(3)	(4)	(5)
	To all persons in household			
	Number	*Number*	*Number*	*Number*
All households	33. 20	11. 24	10. 87	11. 09
2-member households	41. 28	13. 94	13. 51	13. 83
Husband-wife	41. 37	13. 95	13. 57	13. 85
Other male-female	41. 46	14. 00	13. 92	13. 54
2 females	40. 39	13. 83	12. 67	13. 89
1-member households	20. 30	6. 93	6. 66	6. 72
1 male	19. 48	6. 87	6. 17	6. 43
1 female	20. 52	6. 94	6. 79	6. 79
	To guests or hired help			
All households	0. 76	0. 11	0. 29	0. 36
2-member households	. 71	. 07	. 28	. 37
Husband-wife	. 70	. 06	. 29	. 36
Other male-female	. 08	0	0	. 08
2 females	1. 28	. 22	. 39	. 67
1-member households	. 83	. 17	. 31	. 36
1 male	. 04	0	. 04	0
1 female	1. 05	. 21	. 38	. 45

TABLE 16.—AGE: *Average age and distribution of males and females in specified age groups, by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Average age	Households with members in specified age group						
		All	55–59 years	60–64 years	65–69 years	70–74 years	75–79 years	80 years and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
		Males						
	Years	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All households	74	100	1	1	24	31	29	14
2-member households	73	100	1	1	26	31	26	15
Husband-wife	73	100	1	1	27	31	27	13
Other male-female	74	100	8	0	15	31	15	31
1 male	75	100	0	0	13	30	48	9
		Females						
All households	71	100	3	10	28	31	20	8
2-member households	70	100	4	14	32	27	15	8
Husband-wife	70	100	4	15	34	24	14	8
Other male-female	69	100	8	23	15	38	8	8
2 females [1]	73	100	0	0	22	39	28	11
1 female	73	100	0	0	22	40	29	9

[1] Only beneficiary counted.

TABLE 17.—BODY WEIGHT CLASSIFICATION, OVERWEIGHT AND UNDERWEIGHT: *Distribution of males and females by deviation from ideal weight,[1] by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	All	Normal weight	Underweight			Overweight					
			All	11–20 percent	Over 20 percent	All	11–20 percent	21–30 percent	31–40 percent	41–50 percent	Over 50 percent
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	Males										
	Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All households	100	52	19	17	2	29	19	6	3	1	0
2-member households	100	52	17	15	2	30	20	6	3	1	0
Husband-wife	100	52	17	15	2	31	20	7	3	1	0
Other male-female	100	50	25	25	0	25	25	0	0	0	0
1 male	100	52	30	30	0	17	9	4	4	0	0
	Females										
All households	100	46	17	12	5	37	17	11	5	2	2
2-member households	100	47	17	12	5	35	16	10	6	2	2
Husband-wife	100	46	13	10	3	41	16	13	8	2	1
Other male-female	100	46	15	15	0	38	23	8	0	0	8
2 females	100	53	33	19	14	14	11	0	3	0	0
1 female	100	43	17	12	6	40	20	12	2	2	3

[1] Weight for height, age 25–29.

TABLE 18.—MONEY VALUE OF FOOD, BY SOURCE: *Expenditures for food of household members, at home and away from home in a week, money value of food obtained without direct expense, and percentage of households having; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Households	Money value of food per household [1]				Households having—	
		Total	Purchased		Obtained without direct expense and used at home [3]	Expense for food away from home	Food at home obtained without direct expense
			Total	Used at home [2] / Away from home			
(1)	(2)	(3)	(4)	(5) / (6)	(7)	(8)	(9)
	Number	*Dollars*	*Dollars*	*Dollars* / *Dollars*	*Dollars*	*Percent*	*Percent*
All households	283	13.03	12.71	12.25 / 0.46	0.32	18.1	41.0
2-member households	174	16.12	15.75	15.23 / .52	.37	19.1	42.0
Husband-wife	143	16.44	16.06	15.57 / .49	.38	17.5	40.6
Other male-female	13	14.90	14.66	14.23 / .43	.24	25.0	30.8
2 females	18	14.72	14.35	13.33 / 1.02	.37	36.4	61.1
1-member households	109	7.94	7.70	7.33 / .37	.24	16.5	39.4
1 male	23	8.54	8.33	7.57 / .76	.21	17.4	26.1
1 female	86	7.79	7.54	7.28 / .26	.25	16.3	43.0

[1] Adjusted to exclude food used at home by guests and hired help. Includes alcoholic beverages.

[2] Includes packed lunches and other food carried from home.

[3] Foods obtained without direct expense and used at home were valued at prices reported by families in Rochester purchasing a similar item during the survey week.

TABLE 19.—MONEY VALUE OF FOOD AT HOME: *Average per household and per person for all food used at home in a week and distribution of households by money value per person; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Money value of all food at home [1]		Households using food with specified money value per person [1] (21 meals at home in week=1 person)						
	Per household	Per person [2]	All households	Under $4	$4–$5.99	$6–$7.99	$8–$9.99	$10–$11.99	$12 and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Dollars	*Dollars*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All households	12.83	8.12	100.0	6.0	24.4	23.7	23.3	9.2	13.4
2-member households	15.92	8.12	100.0	4.6	24.1	25.9	23.0	10.3	12.1
Husband-wife	16.28	8.26	100.0	4.9	21.0	25.9	23.8	12.6	11.9
Other male-female	14.48	7.35	100.0	0	61.5	0	23.1	0	15.4
2 females	14.12	7.35	100.0	5.6	22.2	44.4	16.7	0	11.1
1-member households	7.89	8.13	100.0	8.3	24.8	20.2	23.9	7.3	15.6
1 male	7.78	8.37	100.0	13.0	17.4	8.7	39.1	4.3	17.4
1 female	7.92	8.08	100.0	7.0	26.7	23.3	19.8	8.1	15.1

[1] Foods obtained without direct expense and used at home were valued at average retail prices reported by families in Rochester purchasing a similar item during the survey week. Includes alcoholic beverages.

[2] Household averages divided by number of equivalent persons. (See table 13, column 2.)

TABLE 20.—MILK, CREAM, ICE CREAM, CHEESE; EGGS; DRY LEGUMES, NUTS: *Percentage of households using at home in a week, quantity, and money value per household; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Milk, cream, ice cream, cheese										Eggs	Dry legumes (dry weight)	Nuts (shelled weight), peanut butter
	Total (milk equivalent [1])	Milk, fresh and processed					Cream, ice cream			Cheese			
		Total (equivalent [1])	Fresh fluid	Processed			Total	Cream	Ice cream				
				Total (equivalent [2])	Evaporated	Nonfat dry							
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
	Households using (percent)												
All households	97. 5	96. 8	92. 9	42. 4	34. 3	11. 7	46. 3	14. 8	38. 2	78. 1	92. 9	11. 3	20. 5
2-member households	96. 0	96. 0	94. 8	46. 6	38. 5	12. 6	51. 1	14. 9	44. 3	80. 5	93. 1	14. 9	21. 8
Husband-wife	95. 1	95. 1	95. 1	44. 1	35. 0	12. 6	46. 9	14. 0	40. 6	82. 5	92. 3	14. 7	21. 0
Other male-female	100. 0	100. 0	92. 3	61. 5	61. 5	7. 7	69. 2	23. 1	69. 2	69. 2	92. 3	15. 4	15. 4
2 females	100. 0	100. 0	94. 4	55. 6	50. 0	16. 7	72. 2	16. 7	55. 6	72. 2	100. 0	16. 7	33. 3
1-member households	100. 0	98. 2	89. 9	35. 8	27. 5	10. 1	38. 5	14. 7	28. 4	74. 3	92. 7	5. 5	18. 3
1 male	100. 0	100. 0	91. 3	39. 1	26. 1	8. 7	26. 1	4. 3	26. 1	60. 9	91. 3	4. 3	13. 0
1 female	100. 0	97. 7	89. 5	34. 9	27. 9	10. 5	41. 9	17. 4	29. 1	77. 9	93. 0	5. 8	19. 8

	Quantity per household												
	Qt.	*Qt.*	*Qt.*	*Lb.*	*Lb.*	*Lb.*	*Lb.*	*Lb.*	*Qt.*	*Lb.*	*Doz.*	*Lb.*	*Lb.*
All households	6. 48	5. 12	4. 18	1. 99	0. 48	0. 07	0. 51	0. 12	0. 34	0. 90	0. 98	0. 06	0. 05
2-member households	7. 69	5. 98	4. 90	2. 29	. 57	. 08	. 65	. 14	. 44	1. 05	1. 21	. 09	. 07
Husband-wife	7. 92	6. 14	5. 09	2. 24	. 53	. 08	. 57	. 13	. 38	1. 08	1. 27	. 09	. 07
Other male-female	7. 14	5. 57	4. 61	2. 02	. 80	. 03	1. 06	. 16	. 78	. 64	. 88	. 05	. 06
2 females	6. 25	4. 96	3. 58	2. 94	. 72	. 11	1. 40	. 24	. 67	1. 10	. 88	. 14	. 11
1-member households	4. 55	3. 74	3. 03	1. 51	. 33	. 06	. 29	. 08	. 17	. 66	. 60	. 02	. 03
1 male	4. 76	4. 03	3. 31	1. 52	. 35	. 02	. 13	. 02	. 10	. 44	. 79	. 04	. 03
1 female	4. 49	3. 67	2. 95	1. 51	. 32	. 07	. 33	. 09	. 20	. 72	. 56	. 02	. 02
	Money value per household (dollars)												
All households	1. 86	1. 16	1 03	0. 12	0. 08	0. 03	0. 27	0. 07	0. 20	0. 44	0. 54	0. 02	0. 04
2-member households	2. 23	1. 36	1. 22	. 14	. 10	. 03	. 33	. 08	. 25	. 53	. 67	. 03	. 05
Husband-wife	2. 25	1. 41	1. 27	. 14	. 09	. 03	. 29	. 07	. 22	. 55	. 71	. 03	. 04
Other male-female	2. 20	1. 28	1. 14	. 14	. 13	. 01	. 57	. 12	. 45	. 36	. 47	. 03	. 04
2 females	2. 06	1. 08	. 90	. 18	. 13	. 04	. 51	. 12	. 39	. 47	. 50	. 04	. 13
1-member households	1. 29	. 82	74	. 08	. 05	. 02	. 16	. 05	. 11	. 30	. 33	. 01	. 02
1 male	1. 20	. 91	82	. 09	. 05	. 01	. 07	. 01	. 06	. 22	. 40	. 01	. 02
1 female	1. 31	. 80	72	. 08	. 05	. 03	. 18	. 06	. 13	. 32	. 31	. 01	. 01

[1] Approximately the quantity of fluid milk to which dairy products (except butter) are equivalent in calcium.

[2] Approximately the number of pounds of fluid milk to which processed milk is equivalent in calcium. Total includes amounts of condensed milk, dry whole milk, and dry milk products, not shown separately.

TABLE 21.—MEAT, POULTRY, FISH: *Percentage of households using at home in a week, quantity, and money value per household; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Meat, poultry, fish												
	Total	Meat									Poultry	Fish and shellfish	Mixtures and soups [1]
		Total	Beef	Pork		Veal	Lamb, mutton	Variety meats		Luncheon meats			
				Total	Bacon, salt pork			Total	Liver				
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
	Households using (percent)												
All households	[2]	95.8	81.6	65.0	36.0	13.1	26.5	16.3	14.1	44.5	41.0	45.6	19.8
2-member households	[2]	98.9	88.5	70.7	36.8	17.8	30.5	16.1	13.8	54.0	47.1	50.0	19.0
Husband-wife	[2]	99.3	89.5	68.5	37.1	19.6	28.7	16.1	14.7	53.1	48.3	51.7	18.2
Other male-female	[2]	100.0	92.3	84.6	30.8	15.4	23.1	15.4	0	76.9	38.5	53.8	23.1
2 females	[2]	94.4	77.8	77.8	38.9	5.6	50.0	16.7	16.7	44.4	44.4	33.3	22.2
1-member households	[2]	90.8	70.6	56.0	34.9	5.5	20.2	16.5	14.7	29.4	31.2	38.5	21.1
1 male	[2]	91.3	69.6	65.2	39.1	4.3	8.7	17.4	17.4	43.5	17.4	34.8	21.7
1 female	[2]	90.7	70.9	53.5	33.7	5.8	23.3	16.3	14.0	25.6	34.9	39.5	20.9

	Quantity per household (pounds)												
All households	6. 14	4. 38	2. 00	1. 19	0. 20	0. 20	0. 41	0. 15	0. 12	0. 43	1. 29	0. 47	0. 24
2-member households	8. 03	5. 86	2. 63	1. 61	. 24	. 29	. 57	. 18	. 14	. 58	1. 60	. 57	. 25
Husband-wife	8. 25	5. 92	2. 72	1. 60	. 26	. 32	. 53	. 17	. 13	. 58	1. 73	. 60	. 23
Other male-female	7. 52	6. 00	2. 66	1. 43	. 12	. 31	. 40	. 24	0	. 96	. 75	. 77	. 28
2 females	6. 78	5. 39	1. 91	1. 88	. 21	. 07	. 99	. 25	. 25	. 28	1. 20	. 19	. 36
1-member households	3. 12	2. 01	. 98	. 51	. 13	. 05	. 16	. 10	. 08	. 21	. 81	. 30	. 22
1 male	3. 33	2. 56	1. 16	. 69	. 20	. 03	. 07	. 11	. 11	. 50	. 43	. 34	. 21
1 female	3. 05	1. 85	. 93	. 46	. 12	. 05	. 18	. 10	. 08	. 13	. 91	. 29	. 23
	Money value per household (dollars)												
All households	4. 04	3. 13	1. 45	0. 83	0. 13	0. 14	0. 33	0. 09	0. 08	0. 29	0. 61	0. 30	0. 09
2-member households	5. 24	4. 15	1. 90	1. 11	. 16	. 20	. 44	. 10	. 09	. 40	. 73	. 36	. 10
Husband-wife	5. 36	4. 21	2. 01	1. 08	. 17	. 21	. 42	. 10	. 09	. 39	. 77	. 38	. 09
Other male-female	4. 61	3. 71	1. 59	. 94	. 07	. 21	. 28	. 08	0	. 61	. 45	. 45	. 14
2 females	4. 68	3. 92	1. 30	1. 44	. 15	. 08	. 73	. 11	. 11	. 25	. 63	. 13	. 14
1-member households	2. 12	1. 51	. 73	. 39	. 09	. 04	. 16	. 07	. 06	. 13	. 40	. 21	. 09
1 male	2. 08	1. 72	. 72	. 52	. 13	. 03	. 09	. 05	. 05	. 30	. 15	. 21	. 07
1 female	2. 16	1. 48	. 74	. 35	. 08	. 04	. 18	. 08	. 06	. 09	. 47	. 21	. 09

[1] Plain gelatin and mixtures, mostly meat, poultry, fish, or dry legumes.
[2] Not available.

TABLE 22.—FATS AND OILS; SUGARS AND SWEETS: *Percentage of households using at home in a week, quantity, and money value per household; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Fats and oils								Sugars and sweets							
	Total	Butter and margarine			Other				Total [1]	Sugars, sirups, jellies, candy					Other	
		Total	Butter	Margarine	Total	Shortening	Salad and cooking oils	Salad dressings (commercial)		Total	Sugar	Jellies, jams	Candies (commercial)	Sirups, molasses, honey	Total [1]	Bottled soft drinks
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
	Households using (percent)															
All households	95.4	93.3	69.3	38.5	59.4	25.8	17.3	39.9	95.4	94.3	91.9	39.6	20.5	14.1	50.5	28.6
2-member households	94.8	92.5	70.7	44.3	69.0	33.9	21.3	44.8	96.6	96.6	96.0	37.9	24.1	18.4	55.7	36.2
Husband-wife	93.7	91.6	68.5	46.2	67.8	33.6	22.4	42.7	96.5	96.5	96.5	38.5	19.6	17.5	53.8	35.0
Other male-female	100.0	92.3	69.2	38.5	61.5	38.5	7.7	46.2	92.3	92.3	84.6	53.8	38.5	23.1	61.5	38.5
2 females	100.0	100.0	88.9	33.3	83.3	33.3	22.2	61.1	100.0	100.0	100.0	22.2	50.0	22.2	66.7	44.4
1-member households	96.3	94.5	67.0	38.5	44.0	12.8	11.0	32.1	93.6	90.8	85.3	42.2	14.7	7.3	42.2	16.5
1 male	91.3	91.3	65.2	39.1	13.0	0	4.3	13.0	91.3	91.3	78.0	34.8	13.0	8.7	21.7	4.3
1 female	97.7	95.3	67.4	38.4	52.3	16.3	12.8	37.2	94.2	90.7	84.9	44.2	15.1	7.0	47.7	19.8

	Quantity per household (pounds)														
All households	1. 15	0. 77	0. 48	0. 28	0. 38	0. 12	0. 13	0. 13	1. 67	1. 48	1. 13	0. 18	0. 10	0. 06	0. 19	0. 96
2-member households	1. 46	. 94	. 58	. 36	. 52	. 17	. 18	. 17	2. 12	1. 87	1. 46	. 20	. 13	. 09	. 25	1. 31
Husband-wife	1. 51	. 96	. 57	. 39	. 55	. 17	. 21	. 17	2. 13	1. 89	1. 49	. 21	. 10	. 09	. 24	1. 29
Other male-female	1. 17	. 89	. 63	. 26	. 27	. 13	. 02	. 12	1. 98	1. 72	1. 23	. 22	. 22	. 05	. 26	1. 36
2 females	1. 29	. 85	. 64	. 21	. 45	. 20	. 08	. 17	2. 14	1. 86	1. 39	. 10	. 28	. 09	. 28	1. 48
1-member households	. 64	. 49	. 33	. 16	. 15	. 03	. 04	. 08	. 95	. 84	. 61	. 16	. 05	. 02	. 11	. 40
1 male	. 53	. 48	. 33	. 16	. 04	0	. 01	. 03	. 73	. 70	. 47	. 14	. 05	. 03	. 03	. 03
1 female	. 67	. 49	. 32	. 16	. 18	. 04	. 05	. 09	1. 01	. 88	. 64	. 16	. 05	. 02	. 13	. 49
	Money value per household (dollars)														
All households	0. 59	0. 44	0. 35	0. 09	0. 15	0. 04	0. 06	0. 05	0. 47	0. 29	0. 13	0. 09	0. 06	0. 02	0. 18	0. 12
2-member households	. 74	. 53	. 42	. 11	. 20	. 06	. 08	. 06	. 59	. 35	. 17	. 09	. 07	. 03	. 24	. 16
Husband-wife	. 75	. 54	. 41	. 12	. 22	. 06	. 09	. 06	. 59	. 35	. 17	. 10	. 06	. 03	. 24	. 16
Other male-female	. 63	. 52	. 44	. 09	. 10	. 04	. 01	. 05	. 61	. 36	. 14	. 08	. 11	. 02	. 25	. 19
2 females	. 68	. 51	. 45	. 06	. 17	. 06	. 04	. 07	. 61	. 39	. 16	. 05	. 15	. 03	. 22	. 15
1-member households	. 36	. 29	. 24	. 06	. 06	. 01	. 02	. 03	. 28	. 19	. 07	. 08	. 04	. 01	. 10	. 05
1 male	. 32	. 30	. 24	. 05	. 02	0	(2)	. 01	. 21	. 17	. 05	. 07	. 05	. 01	. 03	. 01
1 female	. 37	. 29	. 24	. 06	. 07	. 01	. 02	. 04	. 31	. 19	. 07	. 08	. 03	. 01	. 11	. 06

[1] Includes the sugar equivalent of soft drinks, beverage and dessert powders, and prepared desserts.
[2] Less than 0.005 dollar.

TABLE 23.—GRAIN PRODUCTS: *Percentage of households using at home in a week, quantity, and money value per household; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Flour equivalent [1]			Flour and other cereal products								
	Total [2]	Enriched, restored, or whole grain	Not enriched, restored, or whole grain	Total	Flour	Prepared flour mixes	Breakfast cereals			Other cereals		
							Total	Hot	Ready-to-eat	Total [3]	Rice	Macaroni, spaghetti, noodles
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
	Households using (percent)											
All households	100. 0	100. 0	79. 9	88. 0	38. 5	15. 2	67. 1	28. 6	51. 9	41. 0	16. 3	27. 9
2-member households	100. 0	100. 0	80. 5	95. 4	48. 9	20. 7	71. 8	28. 7	58. 0	50. 0	19. 5	33. 9
Husband-wife	100. 0	100. 0	80. 4	95. 1	48. 3	20. 3	69. 9	27. 3	57. 3	52. 4	21. 7	35. 0
Other male-female	100. 0	100. 0	76. 9	92. 3	38. 5	38. 5	69. 2	30. 8	53. 8	30. 8	7. 7	30. 8
2 females	100. 0	100. 0	83. 3	100. 0	61. 1	11. 1	88. 9	38. 9	66. 7	44. 4	11. 1	27. 8
1-member households	100. 0	100. 0	78. 9	76. 1	22. 0	6. 4	59. 6	28. 4	42. 2	26. 6	11. 0	18. 3
1 male	100. 0	100. 0	60. 9	73. 9	4. 3	4. 3	60. 9	30. 4	39. 1	34. 8	8. 7	26. 1
1 female	100. 0	100. 0	83. 7	76. 7	26. 7	7. 0	59. 3	27. 9	43. 0	24. 4	11. 6	16. 3

	Quantity per household (pounds)											
All households	3. 18	2. 63	0. 50	1. 30	0. 50	0. 10	0. 39	0. 14	0. 25	0. 31	0. 08	0. 22
2-member households	4. 02	3. 38	. 58	1. 70	. 69	. 13	. 46	. 16	. 30	. 43	. 09	. 32
Husband-wife	4. 12	3. 46	. 61	1. 78	. 72	. 13	. 47	. 15	. 32	. 47	. 11	. 35
Other male-female	2. 38	2. 82	. 41	. 96	. 22	. 19	. 36	. 10	. 26	. 18	. 01	. 17
2 females	3. 80	3. 16	. 54	1. 63	. 86	. 08	. 42	. 24	. 18	. 28	. 05	. 21
1-member households	1. 82	1. 43	. 36	. 66	. 20	. 05	. 28	. 12	. 16	. 13	. 05	. 07
1 male	2. 00	1. 58	. 39	. 65	(4)	. 04	. 40	. 22	. 18	. 20	. 06	. 13
1 female	1. 78	1. 40	. 35	. 66	. 25	. 06	. 24	. 09	. 15	. 11	. 05	. 06
	Money value per household (dollars)											
All households	1. 30	0. 82	0. 39	0. 28	0. 05	0. 03	0. 12	0. 03	0. 09	0. 07	0. 02	0. 05
2-member households	1. 60	1. 01	. 47	. 36	. 08	. 04	. 15	. 03	. 12	. 10	. 02	. 07
Husband-wife	1. 62	1. 04	. 48	. 38	. 08	. 04	. 16	. 03	. 13	. 11	. 03	. 08
Other male-female	1. 56	. 86	. 43	. 21	. 02	. 04	. 12	. 02	. 10	. 04	(4)	. 04
2 females	1. 42	. 93	. 41	. 30	. 08	. 03	. 13	. 06	. 07	. 06	. 01	. 04
1-member households	. 82	. 50	. 26	. 16	. 02	. 02	. 08	. 02	. 06	. 03	. 01	. 02
1 male	. 86	. 56	. 26	. 15	(4)	. 01	. 10	. 04	. 06	. 04	. 01	. 03
1 female	. 81	. 49	. 26	. 16	. 03	. 02	. 08	. 02	. 06	. 03	. 01	. 02

See footnotes at end of table.

TABLE 23.—GRAIN PRODUCTS: *Percentage of households using at home in a week, quantity, and money value per household; by household type*—Continued

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Bakery products											
	Total	Bread				Other baked goods						
		Total	White	Whole-wheat	Other	Total	Crackers	Rolls	Biscuits, muffins	Cake	Pie	Other
(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)	(25)	(26)
	Households using (percent)											
All households	100. 0	98. 2	78. 4	15. 2	29. 7	78. 8	43. 8	14. 8	2. 5	19. 8	8. 8	50. 5
2-member households	100. 0	98. 3	82. 8	17. 8	31. 0	79. 9	42. 0	17. 2	3. 4	24. 1	11. 5	52. 3
Husband-wife	100. 0	97. 9	83. 9	15. 4	30. 8	79. 7	43. 4	15. 4	3. 5	22. 4	9. 8	53. 1
Other male-female	100. 0	100. 0	76. 9	15. 4	30. 8	76. 9	15. 4	23. 1	7. 7	46. 2	30. 8	30. 8
2 females	100. 0	100. 0	77. 8	38. 9	33. 3	83. 3	50. 0	27. 8	0	22. 2	11. 1	61. 1
1-member households	100. 0	98. 2	71. 6	11. 0	27. 5	77. 1	46. 8	11. 0	. 9	12. 8	4. 6	47. 7
1 male	100. 0	100. 0	78. 3	8. 7	26. 1	60. 9	30. 4	8. 7	0	4. 3	4. 3	39. 1
1 female	100. 0	97. 7	69. 8	11. 6	27. 9	81. 4	51. 2	11. 6	1. 2	15. 1	4. 7	50. 0

	Quantity per household (pounds)											
All households	3.37	2.33	1.67	0.21	0.45	1.04	0.19	0.09	0.02	0.16	0.13	0.45
2-member households	4.21	2.93	2.13	.28	.52	1.28	.21	.11	.02	.22	.19	.52
Husband-wife	4.21	2.96	2.21	.21	.54	1.25	.21	.11	.02	.22	.16	.54
Other male-female	4.83	3.23	2.08	.62	.54	1.60	.07	.13	.05	.43	.62	.31
2 females	3.69	2.45	1.49	.58	.38	1.24	.30	.13	0	.11	.14	.55
1-member households	2.04	1.38	.93	.11	.34	.66	.16	.06	([4])	.07	.04	.33
1 male	2.34	1.71	1.24	.09	.38	.63	.12	.06	0	.05	.03	.37
1 female	1.96	1.29	.85	.11	.33	.67	.17	.05	.01	.08	.04	.32
	Money value per household (dollars)											
All households	0.98	0.52	0.35	0.05	0.12	0.46	0.07	0.04	0.01	0.08	0.05	0.22
2-member households	1.20	.64	.44	.06	.13	.56	.07	.04	.01	.11	.07	.26
Husband-wife	1.21	.65	.46	.05	.14	.56	.07	.04	.01	.11	.06	.27
Other male-female	1.30	.62	.36	.14	.12	.68	.02	.05	.02	.22	.23	.15
2 females	1.07	.55	.32	.13	.09	.53	.11	.06	0	.06	.03	.26
1-member households	.63	.33	.21	.02	.09	.30	.06	.03	([4])	.02	.02	.17
1 male	.68	.40	.28	.02	.10	.27	.04	.03	0	.01	.01	.18
1 female	.62	.30	.19	.03	.09	.31	.07	.03	([4])	.03	.02	.16

[1] Includes the dry weight of flour and cereal in prepared products and baked goods.
[2] Includes pies, mixtures and soups, mostly grain, not shown separately.
[3] Includes cornstarch, tapioca, and cornmeal.
[4] Less than 0.005 pound or 0.005 dollar.

TABLE 24.—VEGETABLES: *Percentage of households using at home in a week, quantity, and money value per household; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Total vegetables [1]	Potatoes	Sweetpotatoes	Vegetables other than potatoes and sweetpotatoes												
				Total [1]	By market form				By selected groupings							
					Fresh	Commercially canned	Commercially frozen	Commercially canned juice	Dark-green and deep-yellow [2]		Other green [3]		Tomatoes		Other	
									Total	Fresh	Total	Fresh	Total	Fresh	Total	Fresh
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
	Households using (percent)															
All households	95.1	81.6	4.2	(4)	(4)	60.4	23.7	13.4	67.1	64.3	86.2	77.7	55.8	34.6	76.0	66.1
2-member households	94.8	84.5	3.4	(4)	(4)	67.2	26.4	14.9	75.3	73.6	90.8	85.1	57.5	35.1	83.9	77.0
Husband-wife	93.7	82.5	3.5	(4)	(4)	67.1	25.2	16.8	75.5	74.1	90.2	83.9	60.8	37.8	82.5	76.2
Other male-female	100.0	100.0	7.7	(4)		69.2	23.1	0	84.6	76.9	84.6	84.6	38.5	30.8	92.3	92.3
2 females	100.0	88.9	0	(4)	(4)	66.7	38.9	11.1	66.7	66.7	100.0	94.4	44.4	16.7	88.9	72.2
1-member households	95.4	77.1	5.5	(4)	(4)	49.5	19.3	11.0	54.1	49.5	78.9	66.1	53.2	33.9	63.3	48.6
1 male	91.3	69.6	0	(4)	(4)	52.2	8.7	13.0	47.8	39.1	65.2	43.5	43.5	8.7	52.2	30.4
1 female	96.5	79.1	7.0	(4)	(4)	48.8	22.1	10.5	55.8	52.3	82.6	72.1	55.8	40.7	66.3	53.5

	Quantity per household (pounds)															
All households	9. 12	2. 59	0. 05	6. 47	4. 54	1. 13	0. 22	0. 30	1. 12	1. 00	2. 50	1. 91	0. 93	0. 37	1. 71	1. 26
2-member households	11. 34	3. 31	. 04	7. 99	5. 69	1. 37	. 25	. 35	1. 32	1. 18	3. 09	2. 41	1. 06	. 41	2. 26	1. 69
Husband-wife	11. 43	3. 28	. 04	8. 11	5. 73	1. 38	. 23	. 39	1. 37	1. 22	3. 12	2. 42	1. 13	. 43	2. 19	1. 66
Other male-female	11. 48	3. 33	. 05	8. 11	6. 35	1. 38	. 28	0	1. 17	. 90	3. 16	2. 73	. 56	. 38	3. 07	2. 34
2 females	10. 48	3. 53	0	6. 95	4. 86	1. 34	. 41	. 24	1. 09	1. 06	2. 81	2. 10	. 82	. 25	2. 22	1. 45
1-member households	5. 57	1. 44	. 07	4. 07	2. 71	. 73	. 16	. 23	. 80	. 72	1. 55	1. 11	. 73	. 30	. 85	. 58
1 male	5. 63	1. 74	0	3. 88	2. 21	1. 03	. 04	. 25	1. 22	1. 09	1. 04	. 56	. 49	. 07	. 91	. 49
1 female	5. 55	1. 36	. 08	4. 10	2. 84	. 65	. 19	. 23	. 69	. 62	1. 68	1. 26	. 79	. 36	. 83	. 60
	Money value per household (dollars)															
All households	1. 60	0. 18	0. 01	1. 41	0. 97	0. 22	0. 07	0. 03	0. 23	0. 20	0. 50	0. 35	0. 27	0. 18	0. 35	0. 24
2-member households	1. 93	. 22	. 01	1. 69	1. 19	. 27	. 09	. 04	. 27	. 24	. 59	. 43	. 30	. 20	. 46	. 32
Husband-wife	1. 96	. 21	. 01	1. 74	1. 20	. 28	. 08	. 04	. 28	. 25	. 60	. 43	. 32	. 20	. 46	. 32
Other male-female	1. 88	. 25	. 01	1. 63	1. 25	. 23	. 10	0	. 25	. 18	. 63	. 51	. 24	. 21	. 47	. 35
2 females	1. 74	. 27	0	1. 47	1. 00	. 26	. 14	. 03	. 20	. 19	. 55	. 39	. 25	. 14	. 46	. 28
1-member households	1. 07	. 12	. 01	. 94	. 63	. 15	. 05	. 03	. 17	. 14	. 34	. 23	. 22	. 15	. 17	. 11
1 male	. 86	. 12	0	. 75	. 41	. 20	. 01	. 03	. 19	. 17	. 23	. 11	. 11	. 04	. 15	. 09
1 female	1. 12	. 12	. 01	. 99	. 70	. 14	. 06	. 03	. 16	. 14	. 38	. 26	. 25	. 18	. 17	. 12

[1] Includes mixtures and soups, mostly vegetable, not shown separately.
[2] Spinach and other dark leafy greens, broccoli, green peppers, carrots, pumpkin, winter squash, etc.
[3] Green lima and snap beans, green peas, asparagus, cabbage, lettuce, okra, etc.
[4] Not available.

TABLE 25.—FRUITS; MISCELLANEOUS FOODS: *Percentage of households using at home in a week, quantity, and money value per household; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Total fruits [1]	Citrus				Dried	Other					Miscellaneous foods			
		Total (juice equivalent) [2]	Fresh	Juice			Total	Fresh	Commercially canned [3]	Commercially frozen [3]	Commercially canned juice (single-strength)	Total	Plate or box meals	Other foods	
				Commercially canned (single-strength)	Frozen orange concentrate									Some nutritive value [4]	No nutritive value [5]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	Households using (percent)														
All households	92. 2	72. 8	55. 5	14. 1	17. 3	17. 7	86. 2	73. 1	46. 3	7. 4	10. 6	97. 2	0. 4	10. 2	95. 1
2-member households	90. 8	72. 8	58. 6	15. 5	14. 4	21. 3	87. 4	78. 7	45. 4	8. 6	11. 5	100. 0	0	11. 5	98. 3
Husband-wife	90. 9	71. 3	57. 3	15. 4	15. 4	21. 7	87. 4	78. 3	47. 6	7. 0	9. 8	100. 0	0	11. 9	97. 9
Other male-female	84. 6	76. 9	61. 5	15. 4	0	15. 4	76. 9	76. 9	30. 8	15. 4	23. 1	100. 0	0	7. 7	100. 0
2 females	94. 4	83. 3	66. 7	16. 7	16. 7	22. 2	94. 4	83. 3	38. 8	16. 7	16. 7	100. 0	0	11. 1	100. 0
1-member households	94. 5	72. 5	50. 5	11. 9	22. 0	11. 9	84. 4	64. 2	47. 7	5. 5	9. 2	92. 7	. 9	8. 3	89. 9
1 male	78. 3	52. 2	52. 2	8. 7	8. 7	8. 7	56. 5	39. 1	21. 7	4. 3	8. 7	91. 3	4. 3	0	91. 3
1 female	98. 8	77. 9	50. 0	12. 8	25. 6	12. 8	91. 9	70. 9	54. 7	5. 8	9. 3	93. 0	0	10. 5	89. 5

	Quantity per household (pounds)														
All households	6. 97	2. 48	2. 74	0. 45	0. 14	0. 13	4. 06	3. 05	0. 79	0. 06	0. 25	(6)	(7)	(6)	(6)
2-member households	8. 14	2. 77	3. 11	. 54	. 13	. 16	4. 86	3. 80	. 82	. 07	. 28	(6)	0	(6)	(6)
Husband-wife	8. 22	2. 69	2. 99	. 53	. 14	. 16	5. 01	3. 95	. 86	. 05	. 25	(6)	0	(6)	(6)
Other male-female	7. 73	3. 02	4. 03	. 66	0	. 23	4. 12	2. 76	. 71	. 10	. 58	(6)	0	(6)	(6)
2 females	7. 84	3. 18	3. 45	. 51	. 13	. 17	4. 21	3. 31	. 58	. 16	. 32	(6)	0	(6)	(6)
1-member households	5. 10	2. 03	2. 15	. 30	. 16	. 07	2. 78	1. 87	. 75	. 04	. 20	(6)	. 01	(6)	(6)
1 male	4. 08	2. 40	3. 23	. 27	. 13	. 07	1. 51	. 96	. 41	. 04	. 10	(6)	. 06	(6)	(6)
1 female	5. 37	1. 93	1. 86	. 31	. 17	. 07	3. 13	2. 11	. 84	. 04	. 23	(6)	0	(6)	(6)
	Money value per household (dollars)														
All households	1. 29	0. 44	0. 30	0. 05	0. 05	0. 05	0. 79	0. 56	0. 18	0. 02	0. 03	0. 99	(7)	0. 01	0. 97
2-member households	1. 51	. 52	. 34	. 06	. 05	. 06	. 93	. 70	. 19	. 03	. 04	1. 24	0	. 01	1. 23
Husband-wife	1. 51	. 50	. 33	. 06	. 06	. 06	. 96	. 72	. 19	. 02	. 03	1. 36	0	. 01	1. 35
Other male-female	1. 57	. 56	. 39	. 06	0	. 12	. 89	. 62	. 17	. 03	. 07	. 74	0	. 01	. 73
2 females	1. 47	. 63	. 42	. 05	. 05	. 06	. 78	. 55	. 16	. 06	. 05	. 65	0	. 01	. 64
1-member households	. 93	. 33	. 22	. 03	. 06	. 03	. 57	. 35	. 17	. 02	. 03	. 58	. 01	. 01	. 57
1 male	. 74	. 38	. 30	. 03	. 04	. 02	. 34	. 20	. 09	. 02	. 03	1. 05	. 06	0	. 99
1 female	. 97	. 32	. 19	. 03	. 07	. 03	. 63	. 39	. 20	. 02	. 03	. 46	0	. 01	. 45

[1] The single-strength juice equivalent of citrus fruit and citrus products, the fresh equivalent of dried fruit, and the total of all other fruit.
[2] Includes fresh juice, frozen juice other than orange, and frozen fruit ades.
[3] Includes citrus segments not included in "Total other fruit."
[4] Includes yeast, plain chocolate, cocoa.
[5] Includes such items as alcoholic beverages, coffee, tea, baking powder, and condiments, for which no nutritive values were calcuated. Data (except for coffee and tea) refer to amounts bought during 7-day period rather than amounts used.
[6] Not available.
[7] Less than 0.005 pound or 0.005 dollar.

TABLE 26.—SALT: *Households using iodized and noniodized salt at home in a week, by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Households using salt	Households using iodized salt			Households using noniodized salt only
		Total	Iodized only	Both iodized and noniodized	
(1)	(2)	(3)	(4)	(5)	(6)
	Percent	*Percent*	*Percent*	*Percent*	*Percent*
All households	100. 0	58. 1	55. 4	2. 6	41. 9
2-member households	100. 0	59. 5	57. 7	1. 8	40. 5
Husband-wife	100. 0	62. 3	60. 1	2. 2	37. 7
Other male-female	100. 0	41. 7	41. 7	0	58. 3
2 females	100. 0	50. 0	50. 0	0	50. 0
1-member households	100. 0	55. 6	51. 5	4. 0	44. 4
1 male	100. 0	42. 9	42. 9	0	57. 1
1 female	100. 0	59. 0	53. 8	5. 1	41. 0

TABLE 27.—NUTRITIVE VALUE OF DIETS: *Average amounts of 9 nutrients per person*[1] *and per nutrition unit per day from food used at home in a week; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Total households	Food energy	Protein	Fat[2]	Calcium	Iron	Vitamin A value	Thiamine[3]	Riboflavin[3]	Niacin[3]	Ascorbic acid[3]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	No.	Cal.	G.	G.	G.	Mg.	I.U.	Mg.	Mg.	Mg.	Mg.
	Average per person										
All households	283	2, 600	95	125	1. 03	15. 4	10, 080	1. 30	2. 12	16. 7	126
2-member households	174	2, 660	95	131	. 97	15. 7	9, 540	1. 33	2. 04	17. 4	114
Husband-wife	143	2, 700	97	133	. 99	15. 9	9, 400	1. 34	2. 07	17. 7	114
Other male-female	13	2, 420	86	117	. 92	13. 9	10, 500	1. 24	1. 85	14. 9	122
2 females	18	2, 540	87	122	. 88	15. 5	9, 970	1. 33	1. 97	16. 3	114
1-member households	109	2, 500	93	116	1. 13	14. 8	10, 930	1. 25	2. 23	15. 7	144
1 male	23	2, 680	102	129	1. 27	17. 1	12, 710	1. 46	2. 48	16. 1	157
1 female	86	2, 450	91	112	1. 09	14. 1	10, 450	1. 20	2. 17	15. 6	141
	Average per nutrition unit										
All households	283	4, 220	115	------	1. 03	13. 7	12, 230	1. 83	2. 54	23. 6	132
2-member households	174	4, 140	114	------	. 97	14. 2	11, 400	1. 84	2. 42	24. 1	119
Husband-wife	143	4, 130	116	------	. 99	14. 5	11, 110	1. 84	2. 43	24. 5	118
Other male-female	13	3, 550	101	------	. 92	12. 7	12, 640	1. 64	2. 15	19. 7	126
2 females	18	4, 660	114	------	. 88	13. 0	12, 860	1. 99	2. 52	24. 3	123
1-member households	109	4, 350	117	------	1. 13	13. 0	13, 540	1. 81	2. 75	22. 8	152
1 male	23	3, 589	108	------	1. 27	17. 2	13, 320	1. 87	2. 59	20. 8	157
1 female	86	4, 560	119	------	1. 09	11. 8	13, 590	1. 79	2. 79	23. 4	151

[1] 21 meals at home=1 person.
[2] There is no recommended allowance for fat.
[3] Cooking losses deducted.

TABLE 28.—DISTRIBUTION OF MONEY VALUE AND NUTRIENT CONTENT OF DIETS, BY FOOD GROUP: *Food used at home in a week*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Food group	Money value of food	Food energy	Protein	Fat	Calcium	Iron	Vitamin A value	Thiamine [1]	Riboflavin [1]	Niacin [1]	Ascorbic acid [1]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, ice cream, cheese	14.5	16.0	24.3	19.6	67.0	3.6	10.6	12.9	44.5	3.2	4.7
Milk, fresh and processed	9.0	11.0	16.5	12.1	53.0	2.0	6.6	11.8	37.4	2.9	4.5
Cream and ice cream	2.1	1.7	.8	2.5	2.4	.1	1.3	.6	1.7	.1	.2
Cheese	3.4	3.3	7.0	5.0	11.6	1.3	2.7	.5	5.3	.2	(2)
Meat, poultry, fish, eggs, dry legumes, nuts	36.9	26.1	49.1	41.2	6.3	44.4	26.5	26.8	27.7	52.9	1.0
Meat, poultry, fish	30.5	19.8	39.5	31.2	2.9	33.3	20.4	21.5	19.9	48.7	.9
Bacon, salt pork	1.0	2.0	.8	4.2	.1	.4	(2)	1.1	.5	.9	.0
Eggs	4.2	3.0	6.6	4.4	2.6	8.5	5.6	3.2	6.4	.3	.0
Dry beans and other legumes	.2	.3	.5	(2)	.2	1.0	(2)	.5	.2	.3	.1
Nuts, peanut butter	.3	.5	.6	.8	.2	.3	(2)	.4	.1	1.8	(2)
Mixtures and soups	.7	.6	1.2	.5	.3	.9	.4	.3	.5	.9	.1
Vegetables	12.4	5.9	6.1	1.0	8.8	17.1	46.0	15.6	8.9	13.1	34.9
Potatoes	1.4	2.9	1.8	.3	.9	4.0	(2)	5.6	1.6	5.4	7.8
Sweetpotatoes	.1	.1	(2)	(2)	.1	.1	1.6	.1	(2)	.1	.2
Dark-green and deep-yellow [3]	1.8	.5	.8	.1	2.9	3.9	34.8	1.7	1.7	1.2	7.2
Other green [4]	3.9	1.0	1.8	.1	2.5	5.0	4.1	4.5	3.1	2.8	9.4
Tomatoes	2.1	.4	.5	.1	.4	1.4	4.8	1.8	.8	1.9	5.6
Other vegetables	2.7	.9	.9	.2	1.7	2.3	.6	1.6	1.4	1.4	4.3
Mixtures and soups	.5	.2	.3	.2	.3	.3	.2	.4	.3	.3	.4
Fruits	10.0	5.6	1.8	.4	4.6	8.0	5.8	8.4	3.6	4.6	58.5
Citrus	3.5	2.0	.9	.2	2.4	2.3	1.2	5.2	1.1	1.4	41.3
Dried	.4	.5	.1	(2)	.3	1.1	.9	.3	.3	.4	.1
Other	6.2	3.1	.8	.2	1.9	4.6	3.7	2.9	2.1	2.8	17.1
Grain products [5]	10.1	23.3	17.8	6.9	12.0	25.4	.4	35.9	14.7	25.7	.6
Enriched, restored, or whole-grain	6.4	17.1	14.7	3.3	9.6	22.9	(2)	34.0	13.2	23.8	.4
Not enriched, restored, or whole-grain	3.1	5.5	2.7	3.0	1.8	2.2	.2	1.6	1.3	1.7	(2)
Mixtures and soups	.7	.7	.4	.6	.5	.3	.2	.2	.2	.3	.2
Fats and oils	4.6	13.1	.3	30.4	.7	.2	10.6	.1	.1	.0	.0
Butter and margarine	3.4	8.6	.2	20.1	.6	.0	10.5	.0	.0	.0	.0
Other (including salad dressings)	1.2	4.5	.1	10.4	.1	.2	.1	.1	.1	.0	.0
Sugars and sweets [6]	3.7	9.8	.5	.4	.6	1.1	(2)	.2	.4	.2	.3
Sugars, sirups, jellies, candy	2.3	8.5	.1	.4	.6	1.1	(2)	.2	.3	.2	.3
Soft drinks, beverage and dessert powders	1.4	1.3	.3	(2)	(2)	(2)	(2)	(2)	(2)	(2)	(2)
Miscellaneous foods	7.7	.1	.1	.1	(2)	.3	(2)	.2	.2	.3	(2)
Plate or box meals	(2)	(2)	(2)	(2)	(2)	(2)	(2)	(2)	(2)	(2)	(2)
Other with some nutritive value [7]	.1	(2)	(2)	.1	(2)	.3	(2)	.1	.2	.2	.0
Other with no nutritive value [8]	7.6	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

[1] Cooking losses deducted.

[2] Less than 0.05 percent.

[3] Spinach and other dark leafy greens, broccoli, green peppers, carrots, pumpkin, winter squash, etc.

[4] Green lima and snap beans, green peas, asparagus, cabbage, lettuce, okra, etc.

[5] Includes all ingredients of purchased baked goods and of flour mixtures and soup, mostly grain.

[6] Includes all ingredients of jellies, jams, and preserves, and of prepared desserts such as puddings and gelatin desserts.

[7] Includes yeast, plain chocolate, cocoa.

[8] Includes such items as alcoholic beverages, coffee, tea, baking powder, and condiments, for which no nutritive values were calculated.

TABLE 29.—DIETARY ADEQUACY: *Percentage of households using food, at home in a week, that furnished less than specified amounts of 9 nutrients per nutrition unit per day; by household type*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type	Food energy		Protein		Calcium		Iron		Vitamin A value		Thiamine[1]		Riboflavin[1]		Niacin[1]		Ascorbic acid[1]	
	3,000 Cal.	2,000 Cal.	75 grams	50 grams	0.8 grams	0.53 grams	10 mg.	6.7 mg.	5,000 I.U.	3,330 I.U.	1.5 mg.	1.0 mg.	1.9 mg.	1.3 mg.	15 mg.	10 mg.	75 mg.	50 mg.
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
	Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All households	19	4	19	2	32	9	30	9	20	7	37	10	29	7	22	5	30	16
2-member households	21	4	20	2	34	10	25	5	20	6	36	9	31	8	17	2	30	13
Husband-wife	20	4	20	2	32	9	23	6	18	6	36	8	29	8	17	3	32	13
Other male-female	46	8	31	0	46	8	31	0	23	8	46	31	38	15	38	0	31	15
2 females	11	0	11	0	44	17	33	6	33	11	33	6	39	6	6	0	17	11
1-member households	16	5	19	4	28	7	38	15	20	9	38	12	26	5	29	9	30	20
1 male	22	9	22	9	17	9	13	13	26	17	30	13	22	4	22	17	35	35
1 female	15	4	19	2	31	7	45	15	19	7	41	12	27	5	31	7	29	16

[1] Cooking losses deducted.

TABLE 30.—OVERWEIGHT AND UNDERWEIGHT AND GRADE OF DIET: *Distribution of households by weight classification,*[1] *by household type and grade of diet*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and diet grade	All households	Normal weight only	Overweight		Underweight		Overweight and underweight	Not reported
			Only	And normal weight	Only	And normal weight		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
All households	283	98	69	43	32	30	10	1
Poor diets	80	30	18	9	11	7	5	0
Fair diets	79	25	17	10	11	12	3	1
Good diets	124	43	34	24	10	11	2	0
2-member households:								
Poor diets	46	15	8	9	2	7	5	0
Fair diets	52	12	9	10	5	12	3	1
Good diets	76	22	14	24	3	11	2	0
Husband-wife:								
Poor diets	36	11	7	7	1	6	4	0
Fair diets	43	10	9	10	3	8	3	0
Good diets	64	19	11	22	2	8	2	0
Other male-female:								
Poor diets	5	2	1	1	0	1	0	0
Fair diets	3	0	0	0	0	2	0	1
Good diets	5	1	2	1	1	0	0	0
2 females:								
Poor diets	5	2	0	1	1	0	1	0
Fair diets	6	2	0	0	2	2	0	0
Good diets	7	2	1	1	0	3	0	0
1-member households:								
Poor diets	34	15	10	----	9	----	----	0
Fair diets	27	13	8	----	6	----	----	0
Good diets	48	21	20	----	7	----	----	0
1 male:								
Poor diets	9	3	1	----	5	----	----	0
Fair diets	3	2	0	----	1	----	----	0
Good diets	11	7	3	----	1	----	----	0
1 female:								
Poor diets	25	12	9	----	4	----	----	0
Fair diets	24	11	8	----	5	----	----	0
Good diets	37	14	17	----	6	----	----	0

[1] Normal weight: Within 10 percent of weight for height at age 25–29.

TABLE 31.—SPENDING LEVEL AND GRADE OF DIET: *Distribution of households by money value of food as related to cost of food plans,*[1] *by household type and grade of diet*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and diet grade (1)	All (2)	Low (3)	Moderate (4)	Liberal (5)
	Number	*Number*	*Number*	*Number*
All households	283	97	102	84
Poor diets	80	59	19	2
Fair diets	79	32	32	15
Good diets	124	6	51	67
2-member households:				
Poor diets	46	34	11	1
Fair diets	52	18	23	11
Good diets	76	3	33	40
Husband-wife:				
Poor diets	36	26	9	1
Fair diets	43	15	19	9
Good diets	64	3	25	36
Other male-female:				
Poor diets	5	5	0	0
Fair diets	3	3	0	0
Good diets	5	0	3	2
2 females:				
Poor diets	5	3	2	0
Fair diets	6	0	4	2
Good diets	7	0	5	2
1-member households:				
Poor diets	34	25	8	1
Fair diets	27	14	9	4
Good diets	48	3	18	27
1 male:				
Poor diets	9	8	0	1
Fair diets	3	0	3	0
Good diets	11	1	7	3
1 female:				
Poor diets	25	17	8	0
Fair diets	24	14	6	4
Good diets	37	2	11	24

[1] Low spending level: money value of food below cost of low-cost food plan. Moderate spending level: money value greater than cost of low-cost but less than liberal food plans. Liberal spending level: money value exceeding cost of liberal food plan. See Glossary: *SPENDING LEVEL* for actual dollar figure.

TABLE 32.—INCOME AND GRADE OF DIET: *Distribution of households by money income in 1956, by household type and grade of diet*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and diet grade	All	Income group [1]			Not classified [2]
		Low	Middle	High	
(1)	(2)	(3)	(4)	(5)	(6)
	Number	*Number*	*Number*	*Number*	*Number*
2-member households:					
Poor diets	46	21	13	7	5
Fair diets	52	17	10	21	4
Good diets	76	20	24	29	3
Husband-wife:					
Poor diets	36	17	11	4	4
Fair diets	43	15	10	16	2
Good diets	64	18	21	22	3
Other male-female:					
Poor diets	5	2	0	2	1
Fair diets	3	1	0	1	1
Good diets	5	1	1	3	0
2 females:					
Poor diets	5	2	2	1	0
Fair diets	6	1	0	4	1
Good diets	7	1	2	4	0
1-member households:					
Poor diets	34	11	14	7	2
Fair diets	27	6	7	8	6
Good diets	48	11	19	15	3
1 male:					
Poor diets	9	2	5	2	0
Fair diets	3	1	0	2	0
Good diets	11	2	6	3	0
1 female:					
Poor diets	25	9	9	5	2
Fair diets	24	5	7	6	6
Good diets	37	9	13	12	3

[1] Income groups:

	2-member	*1-member*
Low	Under $2,000	Under $1,000.
Middle	$2,000–$2,999	$1,000–$1,999.
High	$3,000 or more	$2,000 or more.

[2] Some households that could not be classified in the income intervals shown on table 12 could be assigned to the broader groups shown here.

TABLE 33.—AGE, EDUCATION, AND EMPLOYMENT OF HOMEMAKER AND GRADE OF DIET: *Distribution of households with homemakers in specified age, education, and employment groups; by household type and grade of diet*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and diet grade	All households	Age			Education				Employment	
		Under 65 years	65–74 years	75 years or more	Elementary only	High school	College	Not reported	Employed	Not employed
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
	Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
All households	283	32	165	86	167	92	20	4	45	238
Poor diets	80	6	39	35	50	25	4	1	12	68
Fair diets	79	7	46	26	42	31	5	1	14	65
Good diets	124	19	80	25	75	36	11	2	19	105
2-member households:										
Poor diets	46	6	25	15	31	13	1	1	5	41
Fair diets	52	7	30	15	30	21	1	0	9	43
Good diets	76	19	47	10	56	16	4	0	13	63
Husband-wife:										
Poor diets	36	5	17	14	25	10	1	0	3	33
Fair diets	43	6	26	11	29	13	1	0	6	37
Good diets	64	17	41	6	47	14	3	0	13	51
Other male-female:										
Poor diets	5	1	4	0	4	0	0	1	1	4
Fair diets	3	1	2	0	0	3	0	0	0	3
Good diets	5	2	1	2	4	1	0	0	0	5
2 females:										
Poor diets	5	0	4	1	2	3	0	0	1	4
Fair diets	6	0	2	4	1	5	0	0	3	3
Good diets	7	0	5	2	5	1	1	0	0	7
1-member households:										
Poor diets	34	0	14	20	19	12	3	0	7	27
Fair diets	27	0	16	11	12	10	4	1	5	22
Good diets	48	0	33	15	19	20	7	2	6	42
1 male:										
Poor diets	9	0	3	6	4	3	2	0	3	6
Fair diets	3	0	1	2	2	0	1	0	0	3
Good diets	11	0	6	5	5	4	2	0	2	9
1 female:										
Poor diets	25	0	11	14	15	9	1	0	4	21
Fair diets	24	0	15	9	10	10	3	1	5	19
Good diets	37	0	27	10	14	16	5	2	4	33

TABLE 34.—FOOD LIMITATIONS RELATED TO HEALTH AND GRADE OF DIET: *Distribution of households by principal reason reported for dietary restriction, by household type and grade of diet*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type and diet grade	All households	With food limitations										No food limitations
		Any	Special diet because of—					Restricted intake because of—				
			Diabetes	Cardiovascular disease	Gallbladder trouble	Gastrointestinal disease	Other disease	Weight control	Chewing difficulty	Poor appetite	Prejudice or discomfort	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
	Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
All households	283	223	18	18	14	22	10	40	13	25	63	60
Poor diets	80	63	0	3	6	4	4	15	4	13	14	17
Fair diets	79	61	8	7	3	8	1	12	5	2	15	18
Good diets	124	99	10	8	5	10	5	13	4	10	34	25
2-member households:												
Poor diets	46	36	0	2	6	1	2	11	1	5	8	10
Fair diets	52	41	5	4	3	7	1	7	3	1	10	11
Good diets	76	60	9	4	2	7	4	8	2	6	18	16
Husband-wife:												
Poor diets	36	29	0	2	5	1	1	10	1	3	6	7
Fair diets	43	34	5	4	3	7	1	5	3	1	5	9
Good diets	64	51	9	3	2	7	4	7	0	5	14	13
Other male-female:												
Poor diets	5	4	0	0	0	0	1	1	0	2	0	1
Fair diets	3	1	0	0	0	0	0	0	0	0	1	2
Good diets	5	3	0	0	0	0	0	0	1	0	2	2
2 females:												
Poor diets	5	3	0	0	1	0	0	0	0	0	2	2
Fair diets	6	6	0	0	0	0	0	2	0	0	4	0
Good diets	7	6	0	1	0	0	0	1	1	1	2	1
1-member households:												
Poor diets	34	27	0	1	0	3	2	4	3	8	6	7
Fair diets	27	20	3	3	0	1	0	5	2	1	5	7
Good diets	48	39	1	4	3	3	1	5	2	4	16	9
1 male:												
Poor diets	9	7	0	0	0	0	1	1	0	3	2	2
Fair diets	3	1	0	0	0	0	0	0	0	1	0	2
Good diets	11	5	0	0	0	1	0	1	1	1	1	6
1 female:												
Poor diets	25	20	0	1	0	3	1	3	3	5	4	5
Fair diets	24	19	3	3	0	1	0	5	2	0	5	5
Good diets	37	34	1	4	3	2	1	4	1	3	15	3

TABLE 35.—NATIONAL ORIGINS AND GRADE OF DIET: *Distribution of households by nativity*

[Housekeeping households of selected OASDI

Household type and diet grade	All households	Members U.S.-born					
		Mothers U.S.	1 or both mothers foreign-born				
			All	Anglo-Saxon	Western Europe	Eastern Europe	Mediterranean
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
All households	283	88	69	32	36	0	1
Poor diets	80	22	17	6	11	0	0
Fair diets	79	29	22	9	12	0	1
Good diets	124	37	30	17	13	0	0
2-member households:							
Poor diets	46	8	10	2	8	0	0
Fair diets	52	15	15	7	8	0	0
Good diets	76	17	16	8	8	0	0
Husband-wife:							
Poor diets	36	6	5	2	3	0	0
Fair diets	43	9	12	5	7	0	0
Good diets	64	12	12	5	7	0	0
Other male-female:							
Poor diets	5	1	3	0	3	0	0
Fair diets	3	3	0	0	0	0	0
Good diets	5	1	2	1	1	0	0
2 females:							
Poor diets	5	1	2	0	2	0	0
Fair diets	6	3	3	2	1	0	0
Good diets	7	4	2	2	0	0	0
1-member households:							
Poor diets	34	14	7	4	3	0	0
Fair diets	27	14	7	2	4	0	1
Good diets	48	20	14	9	5	0	0
1 male:							
Poor diets	9	2	1	1	0	0	0
Fair diets	3	3	0	0	0	0	0
Good diets	11	3	5	4	1	0	0
1 female:							
Poor diets	25	12	6	3	3	0	0
Fair diets	24	11	7	2	4	0	1
Good diets	37	17	9	5	4	0	0

[1] Anglo-Saxon includes British Isles and Canada. Western Europe includes mostly Germany, also Austria, Hungary, Switzerland, Sweden, Low Countries, France. Eastern Europe includes Poland, Russia, Lithuania; Mediterranean includes nearly all Italy. Six combinations of groups were distributed arbitrarily.

of members [1] *and of mothers of U.S.-born respondents, by household type and grade of diet*
beneficiaries in Rochester, N.Y., spring 1957]

Members U.S.-born—Continued										
1 member foreign-born					Both members foreign-born					
All	Anglo-Saxon	Western Europe	Eastern Europe	Mediterranean	All	Anglo-Saxon	Western Europe	Eastern Europe	Mediterranean	Not reported
(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
61	28	19	7	7	64	17	10	13	24	1
25	12	8	4	1	15	6	3	4	2	1
14	10	3	1	0	14	8	2	3	1	0
22	6	8	2	6	35	3	5	6	21	0
13	5	7	1	0	15	6	3	4	2	0
8	6	2	0	0	14	8	2	3	1	0
8	3	3	1	1	35	3	5	6	21	0
11	4	6	1	0	14	6	3	3	2	0
8	6	2	0	0	14	8	2	3	1	0
6	3	1	1	1	34	3	5	6	20	0
1	1	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
2	0	2	0	0	0	0	0	0	0	0
1	0	1	0	0	1	0	0	1	0	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	1	0	0	0	1	0
12	7	1	3	1	----	----	----	----	----	1
6	4	1	1	0	----	----	----	----	----	0
14	3	5	1	5	----	----	----	----	----	0
5	2	1	1	1	----	----	----	----	----	1
0	0	0	0	0	----	----	----	----	----	0
3	1	0	0	2	----	----	----	----	----	0
7	5	0	2	0	----	----	----	----	----	0
6	4	1	1	0	----	----	----	----	----	0
11	2	5	1	3	----	----	----	----	----	0

TABLE 36.—MEALS AND SNACKS BY SOURCE: *Number of meals and snacks per member per day consumed by household members at home and away in 2 days, by selected household type and sex of individuals*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Item	All households [1]			Husband-wife households		1-member households	
	All persons	Males	Females	Males	Females	Males	Females
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Number	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
Persons	457	179	278	143	143	23	86
Meals, total	2. 90	2. 87	2. 91	2. 90	2. 93	2. 67	2. 91
At home	2. 71	2. 72	2. 71	2. 76	2. 74	2. 35	2. 68
Morning	. 97	. 96	. 97	. 97	. 99	. 96	. 96
Noon	. 84	. 84	. 84	. 88	. 84	. 52	. 83
Evening	. 90	. 91	. 90	. 91	. 91	. 87	. 89
Away from home, purchased	. 07	. 06	. 07	. 04	. 07	. 17	. 07
Morning	. 01	. 01	. 01	0	0	. 04	. 01
Noon	. 05	. 04	. 05	. 02	. 06	. 13	. 04
Evening	. 01	. 01	. 01	. 02	. 01	0	. 02
Away from home, as guests	. 12	. 10	. 13	. 10	. 12	. 15	. 16
Morning	. 01	. 01	. 01	. 01	. 01	0	. 02
Noon	. 05	. 04	. 06	. 04	. 06	. 04	. 08
Evening	. 06	. 06	. 06	. 05	. 05	. 11	. 06
Snacks, total	. 39	. 41	. 38	. 44	. 34	. 28	. 44
At home	. 38	. 39	. 36	. 42	. 33	. 28	. 41
Away from home, purchased	[2]	. 01	[2]	. 01	[2]	0	0
Away from home, as guests	. 01	. 01	. 01	. 01	[2]	0	. 03

[1] Includes other household types not shown separately.
[2] Less than 0.005.

TABLE 37.—NUTRIENT CONTRIBUTION OF MEALS OF DAY: *Percentage of nutrients from each meal and from snacks for meals consumed by household members at home and away in 2 days, by selected household type and sex of individuals*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type, sex of individuals, and meal of day	Food energy	Protein	Fat	Calcium	Iron	Vitamin A value	Thiamine [1]	Riboflavin [1]	Niacin [1]	Ascorbic acid [1]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
All households: [2]										
All persons:	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
Morning meals	23.7	17.1	20.6	25.3	21.4	13.9	27.1	23.2	15.0	41.1
Noon meals	32.9	36.2	34.3	31.6	34.1	31.2	32.0	32.2	37.4	21.3
Evening meals	38.8	42.7	41.1	32.5	42.3	52.5	36.5	37.3	45.5	31.3
Snacks	4.6	3.9	4.0	10.5	2.3	2.4	4.4	7.4	2.1	6.3
Males:										
Morning meals	24.1	18.6	21.3	25.7	22.0	14.3	27.2	24.4	15.4	36.2
Noon meals	33.0	35.6	34.0	31.6	34.6	32.5	32.6	32.6	37.2	21.2
Evening meals	38.5	42.0	40.7	32.4	41.2	50.9	36.4	36.3	45.2	35.0
Snacks	4.4	3.8	4.0	10.3	2.2	2.4	3.9	6.7	2.1	7.6
Females:										
Morning meals	23.3	16.0	20.0	25.0	20.9	13.7	27.0	22.2	14.7	43.9
Noon meals	32.9	36.7	34.6	31.7	33.7	30.2	31.5	31.7	37.5	21.3
Evening meals	39.0	43.3	41.4	32.6	43.1	53.8	36.7	38.1	45.7	29.3
Snacks	4.7	4.0	4.0	10.7	2.4	2.4	4.9	7.8	2.1	5.6
Husband-wife households:										
Males:										
Morning meals	23.3	17.5	20.2	24.8	21.0	12.9	26.3	23.4	15.1	34.6
Noon meals	34.0	36.9	35.3	32.8	35.6	33.7	33.3	33.5	38.3	21.1
Evening meals	38.2	41.7	40.5	31.7	41.0	51.1	36.1	36.2	44.4	35.1
Snacks	4.5	3.9	4.0	10.6	2.4	2.3	4.2	6.9	2.3	9.2
Females:										
Morning meals	22.8	15.7	19.7	25.7	19.2	13.8	25.9	22.5	13.9	41.8
Noon meals	34.7	38.3	36.2	31.9	36.0	29.7	33.4	32.6	39.4	21.4
Evening meals	39.0	42.8	41.0	32.9	43.2	54.7	37.5	38.8	45.0	31.5
Snacks	3.6	3.2	3.1	9.5	1.6	1.8	3.2	6.1	1.6	5.3
1-person households:										
Males:										
Morning meals	30.0	25.1	28.0	28.0	28.6	21.6	32.6	28.6	18.5	44.3
Noon meals	25.1	28.0	24.0	25.6	26.8	24.7	27.6	27.0	31.1	21.8
Evening meals	41.3	43.3	44.1	36.3	43.5	51.3	37.2	37.5	49.2	32.7
Snacks	3.6	3.6	3.9	10.1	1.0	2.4	2.6	6.9	1.2	1.2
Females:										
Morning meals	22.2	15.3	18.8	22.9	20.3	12.5	27.9	21.1	14.2	47.2
Noon meals	32.4	36.2	33.6	31.9	33.1	35.5	32.5	31.8	38.0	20.1
Evening meals	38.6	42.9	41.7	32.3	42.7	49.2	33.4	36.8	45.1	26.2
Snacks	6.9	5.5	5.9	12.9	3.9	2.8	6.1	10.3	2.7	6.6

[1] Cooking losses deducted.

[2] Includes other household types not shown separately.

TABLE 38.—NUTRIENT CONTRIBUTION BY SOURCE OF MEALS: *Percentage of nutrients from food at home and away from home, purchased and as guests from meals consumed in 2 days; by selected household type and sex of individuals*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type, sex of individuals, and source of meal	Food energy	Protein	Fat	Calcium	Iron	Vitamin A value	Thiamine [1]	Riboflavin [1]	Niacin [1]	Ascorbic acid [1]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
All households: [2]										
All persons:	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
At home	92.9	92.7	93.3	93.7	93.5	95.6	94.1	94.1	93.7	96.4
Away from home, purchased	2.3	2.4	2.3	1.9	2.2	1.5	1.8	2.0	2.1	1.0
Away from home, guests	4.8	4.8	4.5	4.4	4.2	2.9	4.1	4.0	4.2	2.7
Males:										
At home	94.2	94.2	94.3	94.6	94.5	96.3	94.3	95.1	94.9	96.6
Away from home, purchased	2.1	2.2	2.0	1.9	2.1	1.4	1.8	1.7	2.0	1.1
Away from home, guests	3.7	3.6	3.6	3.5	3.4	2.3	3.9	3.2	3.2	2.3
Females:										
At home	92.0	91.6	92.4	93.1	92.7	95.1	93.9	93.2	92.7	96.2
Away from home, purchased	2.5	2.6	2.5	1.9	2.4	1.5	1.8	2.2	2.3	.9
Away from home, guests	5.6	5.8	5.1	5.0	4.9	3.4	4.3	4.6	5.0	2.9
Husband-wife households:										
Males:										
At home	94.5	94.5	94.7	94.7	95.0	96.8	94.3	95.4	95.3	97.4
Away from home, purchased	1.7	1.8	1.7	1.7	1.6	1.2	1.3	1.4	1.6	.4
Away from home, guests	3.8	3.6	3.7	3.6	3.4	2.0	4.4	3.2	3.1	2.1
Females:										
At home	92.6	92.5	93.0	93.4	93.3	95.4	93.6	93.7	93.5	96.9
Away from home, purchased	2.7	2.8	2.7	2.3	2.5	1.5	2.2	2.6	2.2	.7
Away from home, guests	4.7	4.7	4.3	4.2	4.2	3.1	4.2	3.7	4.2	2.3
1-member households:										
Males:										
At home	87.8	87.8	87.5	90.8	86.8	88.0	90.4	90.2	87.6	85.1
Away from home, purchased	6.8	6.2	6.6	4.3	7.5	5.1	7.1	4.9	6.8	8.7
Away from home, guests	5.3	6.0	5.8	4.9	5.6	6.9	3.5	5.0	5.6	6.2
Females:										
At home	90.2	89.0	90.9	91.8	90.5	94.1	92.9	91.7	89.2	93.9
Away from home, purchased	2.1	2.3	1.9	1.1	2.1	1.2	1.3	1.4	2.5	1.3
Away from home, guests	7.7	8.6	7.2	7.1	7.3	4.7	5.7	6.9	8.3	4.8

[1] Cooking losses deducted.
[2] Includes other household types not shown separately.

TABLE 39.—FOOD ENERGY FROM MEALS AND SNACKS: *Average calories per person per meal (based on meals eaten) and percentage of calories from protein, fat, carbohydrate from meals consumed at home and away in 2 days; by selected household type, sex of individuals, and meal of day*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type, sex of individuals, and meal of day	Food energy		Calories from—		
			Protein	Fat	Carbohydrate
(1)	(2)		(3)	(4)	(5)
All households: [1]					
All persons:	*Calories*	*Percent*	*Percent*	*Percent*	*Percent*
Morning	390	100	12	37	51
Noon	570	100	18	45	37
Evening	640	100	18	45	37
Snacks	210	100	14	37	49
Males:					
Morning	440	100	13	38	49
Noon	640	100	18	45	37
Evening	700	100	18	46	36
Snacks	220	100	14	39	47
Females:					
Morning	350	100	11	37	52
Noon	520	100	18	45	37
Evening	600	100	18	45	37
Snacks	200	100	14	36	50
Husband-wife households:					
Males:					
Morning	430	100	12	38	50
Noon	650	100	18	45	37
Evening	710	100	18	46	36
Snacks	210	100	14	39	47
Females:					
Morning	340	100	11	38	51
Noon	540	100	18	46	36
Evening	590	100	18	46	36
Snacks	170	100	15	38	47
1-member households:					
Males:					
Morning	450	100	13	39	48
Noon	540	100	18	39	43
Evening	630	100	17	44	39
Snacks	280	100	16	45	39
Females:					
Morning	320	100	11	34	55
Noon	490	100	19	42	39
Evening	560	100	19	43	38
Snacks	230	100	13	35	52

[1] Includes other household types not shown separately.

TABLE 40.—MINERALS AND VITAMINS PER 1,000 CALORIES FROM MEALS AND SNACKS: *Nutrients from meals and snacks consumed at home and away in 2 days; by selected household type, sex of individuals, and meal of day*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Household type, sex of individuals, and meal of day	Calcium	Iron	Vitamin A value	Thiamine [1]	Riboflavin [1]	Niacin [1]	Ascorbic acid [1]
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
All households: [2]							
All persons:	*Mg.*	*Mg.*	*I.U.*	*Mg.*	*Mg.*	*Mg.*	*Mg.*
Morning	410	6	2,000	0.6	0.8	5	80
Noon	370	7	3,200	.5	.8	8	30
Evening	320	7	4,600	.5	.8	8	30
Snacks	880	3	1,800	.5	.1	3	60
Males:							
Morning	390	6	2,000	.6	.8	5	60
Noon	350	7	3,300	.5	.8	8	20
Evening	310	7	4,400	.5	.8	9	30
Snacks	850	3	1,800	.5	.1	4	60
Females:							
Morning	420	6	2,000	.6	.8	4	90
Noon	380	7	3,200	.5	.8	8	40
Evening	330	7	4,800	.5	.8	8	40
Snacks	890	3	1,700	.5	.1	3	60
Husband-wife households:							
Males:							
Morning	380	6	2,000	.6	.8	5	50
Noon	350	7	3,500	.5	.8	9	20
Evening	300	7	4,800	.5	.8	9	30
Snacks	860	4	1,800	.5	.1	4	70
Females:							
Morning	400	6	2,200	.6	.8	5	80
Noon	340	7	3,100	.5	.8	8	30
Evening	310	7	5,100	.5	.8	9	40
Snacks	980	3	1,800	.5	.1	3	70
1-person households:							
Males:							
Morning	370	6	1,700	.6	.8	4	50
Noon	410	7	2,300	.6	.9	8	30
Evening	350	7	2,900	.5	.7	8	20
Snacks	1,110	2	1,500	.4	.2	2	10
Females:							
Morning	460	6	2,000	.7	.8	4	120
Noon	440	7	3,900	.5	.9	8	30
Evening	380	7	4,500	.5	.8	8	40
Snacks	850	4	1,400	.5	.1	3	50

[1] Cooking losses deducted.
[2] Includes other household types not shown separately.

APPENDIX B.—SAMPLE ANALYSIS[6]

Food consumption of a group of elderly people living in Rochester, N.Y., was studied in the spring of 1957. Those surveyed were 65 years or older and were Old-Age, Survivors, and Disability Insurance beneficiaries as of December 1955 and at the time of the interview. They lived alone or with one other person 55 years or older and ate at least 10 meals from the home food supply during the 7 days preceding the interview.

To obtain the information about these people, a representative cross section of them was chosen; 283 households were interviewed. The starting point for their selection was a systematically selected 10-percent nationwide sample of records of beneficiaries as of December 1955. Those living in or near Rochester were identified. Then some were eliminated because they were obviously ineligible—they lived outside Monroe County where Rochester is located; they had not been entitled to benefits all of 1956; they were not aged (i.e., children, and wives or widows caring for them), or they received lump-sum death benefit payments only. No disability benefits were payable before 1956. The remaining beneficiaries were listed—1,665 in all. Over half of these (857, or 51 percent) could not be drawn upon for the following reasons:

Lived outside the city of Rochester	566
Deceased	80
Moved (59), not reached (19), or remarried (1)	79
Institutionalized or incompetent	29
2 beneficiaries independently entitled (one-half discarded to counteract double chance of selection)	25
Addresses not immediately available: Claims folder not in file (62), folders in out-of-town office (14), other (2)	78

Those remaining on the list were too numerous for interviewing, and another 133 names were discarded by systematic selection.

The total count of these discards as well as the count in the various categories not drawn upon reflects administrative procedures rather than a distribution of ineligibles of some population groups with specified characteristics. For example, those beneficiaries living outside Monroe County were not listed as part of the potential sample; many of those living in Monroe County but outside the city of Rochester were listed, but the names were discarded after checking address files. Others were identified by checking maps before fieldwork, and a few more were discovered in the process of schedule collection. No analysis of the characteristics of the persons not visited has, therefore, been made.

[6] Sample designed and analyzed by Evelyn Grossman.

The remaining 675 constituted a cross section of elderly OASDI beneficiaries living at home in Rochester, and they were interviewed for a small amount of descriptive data.

Half of them (338) were ineligible for this survey. Forty-five percent of these were disqualified for one reason, and 54 percent for two reasons. The distribution of households by reason for disqualification is as follows:

	Percent
Total ineligible	[1] 100
Households with member under 55 years	[1] 69
Only reason	14
And with more than 2 members	53
And beneficiary not eating at home	1
Households with more than 2 members	[1] 64
Only reason	11
And member under 55 years	53
Households with beneficiary not eating at home	[1] 22
Only reason	20
And with member under 55 years	1

[1] Includes 1 household not shown separately which was ineligible for all 3 reasons.

The 337 eligible households were asked to provide data for the survey. Of these, 54 (16 percent) were unable or unwilling to do so. The other 283 supplied the information on which this study is based.

A description of the three groups of households—namely, the respondents, the eligible nonparticipants, and the ineligibles—helps to place the respondents in their proper context. Possible bias due to nonresponse of eligibles can be evaluated and limitations can be noted for generalizing to an overall group of elderly persons.

The eligible nonparticipants differ somewhat from the participants. (See table 41.) They have a smaller proportion of husband-wife households and a larger proportion of other male-female households (mostly brother-sister). This results in fewer "old age and aged spouse" benefits and more "old age only" benefits yielding, in turn, lower average OASDI benefits for the nonparticipating households. A larger proportion of the nonparticipants have homemakers who are employed. Home and automobile ownership rates, although differing little for the total groups of participants and nonparticipants, do show differences by finer breaks of household type, as shown in table 41.

TABLE 41.—*Specified characteristics of participating and nonparticipating eligible households*

[Housekeeping households of selected OASDI beneficiaries in Rochester, N.Y., spring 1957]

Characteristics	All	Participants	Nonparticipants
Households—number	337	283	54
Distribution by household type:			
All households—percent	100	100	100
2-member households—do	62	61	63
Husband-wife—do	49	50	43
Other male-female—do	6	5	13
2 females—do	7	6	7
1-member households—do	38	39	37
Male—do	8	8	7
Female—do	30	31	30
Persons—number	1.6	1.6	1.6
Distribution by age of homemakers—percent	100	100	100
55–64 years—do	13	12	17
65–69 years—do	27	28	21
70–74 years—do	31	31	30
75–79 years—do	21	20	26
80 or older—do	8	9	6
Employed homemakers—do	18	16	33
Distribution by formal education of homemakers—percent	100	100	100
None—do	1	0	14
Elementary school—do	61	60	58
High school—do	32	34	21
College—do	6	6	7
Distribution by type of benefit—percent	100	100	100
Old age only—do	63	60	77
Old age and aged spouse—do	27	29	17
Widow—do	10	11	6
Average monthly benefit—dollars	80	82	70
Homeowners:			
All—percent	61	60	63
2-member households—do	72	71	80
Husband-wife—do	70	69	81
Other male-female—do	80	85	71
2 females—do	85	83	100
1-member households—do	42	43	38
Male—do	56	61	25
Female—do	39	38	42
Average rent paid by tenants—dollars	54	54	51
Automobile owners:			
All—percent	32	31	35
2-member households—do	39	37	52
Husband-wife—do	41	38	62
Other male-female—do	50	54	43
2 females—do	15	17	0
1-member households—do	20	21	7
Male—do	48	57	0
Female—do	12	12	9
Cooking range (with burners and oven)—do	96	96	92

Although differing in some characteristics from the participants, the group of eligible nonparticipants is not so numerous nor are the differences so great as to introduce noticeable bias into the household characteristics (table 41)—the description of the participants is nearly the same as for all eligible households.

Exclusion of ineligibles means that certain categories of beneficiaries are not represented in the food survey. The eligibles exclude, by reason of the requirements, persons having fewer than 10 meals at home, those belonging to households with more than 2 members, or having some member under 55 years of age. For administrative reasons, including the need for studying households remaining in approximately the same economic position, only elderly OASDI pensioners (on the rolls both December 1955 and at the time of the interview) were included.

In a few households, the beneficiary did not eat at home but some other member did. In the 20 percent of the households where no one ate at least 10 meals at home, the beneficiary lived in a rooming or boarding house (7 percent), was away on vacation or trip (6 percent), was hospitalized (2 percent), or ate at home only occasionally (5 percent).

As a group, the ineligibles, differing from the eligibles in another respect also, have less than half the proportion of husband-wife households, resulting in fewer "old age and aged spouse" benefits (17 percent as compared with 27 percent).

Direct inferences concerning food consumption data may be made to only a population group like the one being described: Elderly persons living and eating at home alone or with one other elderly person. There is some evidence that a large proportion of elderly persons meet this description. The survey group lived in the city of Rochester. Generalizations to broader groups should be made only with knowledge as to comparability of characteristics and their relation to food consumption.

APPENDIX C.—TECHNIQUES IN SURVEYING DIETS OF INDIVIDUALS

Findings from food consumption surveys indicate a discrepancy between the average nutritive values obtained from studies of household food use and studies of diets of individuals. In household food-use surveys, the average nutritive content generally suggests overreporting, if generous margins above the NRC recommended dietary allowances can be taken as such an indicator. In surveys of individuals, the average nutritive value is frequently below the recommended allowance, especially that of adults. Higher figures are expected from studies of household food use because those figures include food material discarded in the kitchen before or during preparation as well as plate waste. In the diets of individuals, food reported is that presumably ingested. The size of the difference between the two types of measurement makes it reasonable to assume that more than discard is responsible.

In this study of older households in Rochester, as much as a 60-percent gap in calories was found between the nutrients from food used by households in a week and that from meals consumed by individuals for 2 days. The gap between the two recall methods for other nutrients ranged from 40 to 80 percent. These percentage differences were greater than could be accounted for by discard alone, based on current evidence from discard studies.

To try to explain these differences, some of the techniques used in this survey were investigated. These include the design of the schedule as an aid to recall, the identity of the respondent, the units of measurement of the foods, the method of computation, and the variation in reporting period.

It is believed that a number of problems related to these techniques are basic to household use or to individual diet studies. However, some of the collection methods used in this particular study inadvertently failed to overcome some of the inherent difficulties.

The discussion will be confined to the "recall" type of study. Some of the problems experienced in the use of this method undoubtedly would be minimized in a survey where the "record" method was employed, although other problems would be introduced.

Design of Schedule

In studies of household food use, a detailed list of foods is often used to help the respondent remember foods that were brought into the kitchen during a specified period. A 28-page food list coupled with 30 pages of instructions to the interviewer was employed in this survey. In studies of individual diets, however, it is preferable to ask for the menu of each meal individually because foods consumed are better remembered within the framework of specific meals eaten during the day. It is not possible to supply detailed memory aids when a menu form is provided for filling in data. It is believed that listing foods or menu patterns in advance would influence the respondent's answers. For this survey, a single blank page was included in the questionnaire, accompanied by one page of instructions to the interviewer.

An examination of the menu pages suggests that respondents omitted many items—particularly spreads on bread, salad dressings, and beverages. Furthermore, poor or incomplete descriptions of some of the foods consumed were detrimental to the accuracy of the data.

Omissions and incomplete descriptions, which contributed to the discrepancy between the average nutritive values from food used by households and that from food consumption of individuals in this survey, could be minimized with a better designed schedule and a more careful and detailed set of instructions for collecting data on individual diets. Such a schedule could include column headings for: The variety or description of the food item; the description of what was put on or served with the food; the amount of food actually eaten; and the quantity and type of food left on the plate. Reminders for items often forgotten such as butter, margarine, sauces, and dressings, would also be helpful. In addition, interviewers could be instructed to probe cautiously for beverage, dessert, or bread if these items are omitted from the respondent's reply.

The Respondent

The extent to which data are reliable and accurate depends largely on the ability of the respondent to remember and identify foods and estimate quantities. The homemaker generally answers questions in surveys of household food use, whereas in studies of individual diets each person usually answers for himself. From a study concerned with the ability of different types of people to estimate food quantities (*16*), it was found that homemakers and college students of home economics were better able to estimate serving sizes than were male industrial workers or other college

students. This finding may help to explain why the gap between the average nutritive value from household food use and individual diets in the Rochester survey was smallest for the husband-wife households and largest for 1-male households. The wives, because of long experience in food purchasing and preparation, were probably more proficient in estimating food quantities than the men were.

To help explain some of the differences in the nutritive values found in the Rochester survey that were unrelated to schedule design, a small study was undertaken among staff members of the Consumer and Food Economics Research Division of the U.S. Department of Agriculture. Homemakers, who lived either alone or with one other person, recorded separately food used (AP—"as purchased" quantities) and food that was eaten (EP—"edible portion" quantities) for the preceding day. Of the nine participants, four were people with considerable training in survey methods and in estimating food quantities. The percentage difference between average nutritive values obtained from the two measures was substantially less for the professional food specialists than for the other participants, regardless of their level of education. These differences were related to omission of food items, accuracy of descriptions, and the estimation of quantities.

It is not possible to eliminate forgetfulness on the part of the respondents in the sample, but a well-designed schedule can help to avert omissions. Furthermore, interviewers may contribute to the accurate identification of individual food items by asking for detailed descriptions.

Units of Measurement

The problems of omission and identity are a result of imperfections in the human recall mechanism and depend, to some extent, on the type of person interrogated. On the other hand, the problem of estimating quantities appears to be an inherent one because of the very measures used. For example, food used by households is reported in such common market quantities as quart, dozen, and pound. Many homemakers are familiar with these measures and are able to recall reasonably well the food used in the home. In the case of individual diets, the respondent must think in terms of mounds or pieces of food on a plate. Since such quantities are not related to any familiar units of measurement, it is difficult for most subjects to visualize them quantitatively. The resulting data are riddled with many vague, indefinite quantities.

A possible technique to aid in the estimation of quantities is that of conducting training sessions where the interviewers can actually practice estimating food quantities by measuring mounds or pieces of various foods on plates. It is hoped that such training would enable the respondent to indicate the size of a mound or piece of food to the interviewer, who should then be able to estimate the volume or measurements of the food.

Method of Computation

The nutritive content of food used by households in a week was calculated from table 2, of "Composition of Foods," Agriculture Handbook No. 8 (*15*). This table contains nutritive values per pound of food as purchased. The same table was used in calculating the nutritive content of food from the 2-day diets of individuals. The following procedures were applied to convert cooked foods back to an "as purchased" basis:

(1) Many cooked foods that were not used in mixtures from the 2-day individual diet records were converted to equivalent raw weights so that the same composition values used for the week's food list could be applied.

(2) Mixtures for which recipes were available had nutritive values computed from the raw ingredients listed in the recipe.

Some of the calculations for the nutritive value of food from individual diets consumed in 2 days were made on an edible-portion basis. Losses for vitamins destroyed in cooking were deducted from both the food used in a week and that consumed in 2 days. All of the food quantities from individual diets were converted to fractions of a pound. Some of the conversions resulted in very small numbers.

To determine how much the average nutritive content of individual diets was affected by interchangeably using AP and EP bases, eighteen 2-day individual diet schedules were calculated first on the AP basis and then again on the EP. The resultant AP and EP values were compared. In many instances, individual diets showed large and inconsistent variations. However, averages of the 18 schedules differed little except for what might have been accounted for by discard of drippings. Calories were 10 percent higher and fat 20 percent higher when calculated on an AP basis. Differences for most other nutrients were 3 percent or less.

It would then seem that the particular method of calculation used for individual diets in this survey of elderly people had little effect on the results. Nevertheless, the use of this method presented problems in that it created several extra steps of calculations, thereby increasing the possibility for error.

It would, therefore, seem preferable to keep foods in the forms reported, in order to reduce the number of calculations. When calculating the nutritive content of individual diets, it would also be best to use units smaller than hundredths of a pound, since many foods are used in only small amounts (i.e., a pat of butter, a teaspoon of sugar

or jelly)—portions which would otherwise be lost or distorted.

Reporting Period

In this study of elderly people, all household food used during a full week was reported. However, there was an uneven representation of days for the collection of data on food consumed during the 2 days before the day of the interview. More information was obtained on food consumption on weekdays than on Saturdays or Sundays, simply because more interviews took place during the week. When calculations were made taking this difference into account, it was concluded that the uneven representation of days was insignificant. Averages based on an equal representation of each day of the week differed from averages for all diets (regardless of day) by less than 3 percent for each nutrient. This group of older people did not appear to eat differently on weekends, although other studies have shown that most children and college students eat less over the weekend than on other days of the week (*2*).

In conclusion, the true nutritive content of food actually ingested probably lies somewhere between that obtained from "recall" studies of food used by households and that involving "recall" of individual diets. Food reported as used by households often tends to be overestimated, whereas diets reported consumed by individuals may be underestimated. In this study the differences were especially large.

APPENDIX D.—SCHEDULE FORMS

The schedule for the two-member households is reproduced on the following pages. The schedule for the one-member households was the same, except that questions related to only one person. Only the first and last pages of the food list (for food used by the household in the week) are reproduced. (See pp. 72 and 73.) A similar food list presented in its entirety can be found in publications of some other food consumption surveys (*8*).

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UNITED STATES DEPARTMENT OF AGRICULTURE
Agricultural Research Service
Institute of Home Economics
Washington 25, D. C.

A SURVEY OF FOOD CONSUMPTION OF SELECTED OASI BENEFICIARIES IN ROCHESTER, NEW YORK, SPRING 1957

Confidential Report

Identifying Information and Codes

TO BE COMPLETED BY INTERVIEWER

1. Identification No. _____
2. Date of call and result:
   - 1st call ____ _____
   - 2nd call ____ _____
   - 3rd call ____ _____
   - 4th call ____ _____
3. Interviewer _____

TO BE COMPLETED BY EDITOR

4. Field editor _____
5. Date _____
6. Office editor _____
7. Date _____

CODES TO BE ASSIGNED IN OFFICE

8. HH size (classification) _____
9. HH type:
   a) Composition _____
   b) Type benefit _____
10. HH size (meal equiv.) _____
11. Age: a) _____ b) _____

CODES TO BE ASSIGNED IN OFFICE (CONT.)

12. Education: a) _____
    b) _____
13. Source of funds _____
14. Income after taxes _____
15. Adjusted funds _____
16. Expenses for food per person in week _____
17. Employment: a) _____
    b) _____
18. Activity: a) _____
    b) _____
19. Food restrictions: a) _____
    b) _____

Time interview began _____

Respondent: Beneficiary ☐ HH member ☐

A. HOUSEHOLD COMPOSITION AND MEALS EATEN IN PAST 7 DAYS:

_____
(Days and dates covered)

Household members by relationship to respondent	ENTER FROM RECORD CARD		Number of meals eaten by HH members									Total meals	Cost to HH members		ENTER FROM QUESTIONS 1 and 2 (Sec. B)	
	Sex	Age	As guests outside HH			Bought and eaten outside HH			From household food supply				For meals eaten by selves and guests outside household	For snacks and/or supplements to meals eaten and bought outside household	Ht.	Wt.
			M	N	E	M	N	E	M	N	E					
1. Respondent																
2.																
TOTAL																
3. Guests 4. Household help 5. Other																
TOTAL																

NOTE: Describe instances where the existing eating pattern is other than the usual 3 meals a day. _____

1a. During the year 1956, did anyone not living with you and your___ now live in your home with you all or part of the year? YES ☐ NO ☐ IF NO, GO TO QUESTION 1, page 2.

IF OTHER LIVED IN HOME IN '56

b. Who? _____

IF NOT ALREADY ANSWERED

c. (Was) the person(s) living with you in 1956 related to you or your _____ or was _____ a roomer?

CHECK APPROPRIATE BOX. SPOUSE ☐ DAUGHTER ☐ SON ☐ BROTHER ☐ SISTER ☐ PARENT ☐ ROOMER ☐

OTHER: Specify _____

IF NOT ALREADY ANSWERED, OBTAIN INFORMATION OR REASONS OR CIRCUMSTANCES CAUSING CHANGE. _____

Respondent: Beneficiary ☐ HH member ☐

B. FOOD HABITS

Let's start with a few things about yourself and your _____.

1a. How tall are you without shoes? (ft. in.) (ft. in.)

b. How tall is your _____ (other HH member)? (ft. in.) (ft. in.)

2a. How much do you weigh with shoes and in indoor clothes? _____ pounds

b. How much does your _____ (other HH member) weigh? _____ pounds

3a. In the past year did your weight vary 5 pounds or more either up or down? YES ☐ NO ☐

b. Did your _____ (other HH member)'s? YES ☐ NO ☐

IF WEIGHT CHANGE, ASK QUESTION 4. IF NO WEIGHT CHANGE, GO TO QUESTION 5.

4. Did (you) (your _____) _____ (lose or gain) because you were trying to or for some other reason? COMMENT: _____

_____

_____

5. Different people have different reasons for eating or avoiding some foods or foods prepared certain ways. Sometimes it's because they are on special diets. Sometimes it's because they don't like some foods or because foods prepared certain ways don't agree with them.

a. Do you or your _____ eat or avoid some foods because (you) or (your _____) are on any kind of diet? Or, are there any methods of preparing foods that you or your _____ avoid for any reason?

RESPONDENT		HH MEMBER	
YES ☐	NO ☐	YES ☐	NO ☐

COMMENT: (PROBE FOR WHICH FOODS OR KINDS OF FOODS AND/OR METHODS OF PREPARATION AND WHY EATEN OR AVOIDED)

RESPONDENT HH MEMBER

B FOOD HABITS (continued)

IF ON DIET AND/OR SELECTIVITY OF FOOD INDICATED

5b. Did (you) or (your _____) first begin to (avoid) (eat) these foods because a doctor recommended it, (you) (your _____) read about it in a newspaper or magazine or (you) (your _____) heard about it some other way such as from a friend or at a lecture, or did (you) (your _____) just decided to (avoid) (eat) certain foods on your own?

COMMENT:

RESPONDENT	HH MEMBER

IF NOT ALREADY MENTIONED, ASK QUESTIONS 6 THRU 7c AS APPLICABLE

6a. Do you or your _____ (avoid) (eat) any foods because of Diabetes, Ulcers, Heart trouble, High or Low Blood Pressure, Hardening of the Arteries, Gall Bladder trouble, Over or Under Weight, or some other such "condition"? (PROBE AS NECESSARY FOR FOODS EATEN OR AVOIDED, REASON FOR, ETC.)

RESPONDENT	HH MEMBER

b. Are there other reasons why you or your _____ (avoid) (eat) some foods or foods prepared certain ways? For example, do some foods give you or your ____ gas pains, heartburn, diarrhea, constipation, or other discomforts? (PROBE AS NECESSARY FOR FOODS EATEN OR AVOIDED, REASONS FOR, ETC.)

RESPONDENT	HH MEMBER

c. Is there anything else that affects the foods you or your _____ eat? For example, how often you or your _____ eat, how much you or your ____ eat,etc.?

RESPONDENT	HH MEMBER

B. FOOD HABITS (continued)

7. Many people avoid some foods because they find them hard to chew and eat other foods because they are easy to chew.

a. Do you or your _____ have any problems chewing food? That is, do you or your _____ eat some foods and avoid others or prepare foods certain ways because of this?
(PROBE FOR WHICH FOODS AND/OR METHODS OF PREPARATION ARE AVOIDED AND EATEN AND WHY)

RESPONDENT	HH MEMBER

IF NOT ALREADY MENTIONED:

b. Do you or your _____ have missing teeth, dental plates, or bridges?

RESPONDENT HAS ☐ HH MEMBER HAS ☐ NEITHER HAS ☐

IF MISSING TEETH, PLATES, OR BRIDGES:

c. How long have (you) (your _____) had (missing teeth) (dental plates) (bridges)?

RESPONDENT	HH MEMBER

C. MENUS

8a. Now, let's talk about the foods you and your _____ ate in the past 2 days. Let's start with breakfast yesterday, _____.
(day and date)

(ON MENU BLANKS PROVIDED RECORD FOODS EATEN AS MEALS AND/OR SNACKS BY EACH MEMBER OF THE HOUSEHOLD. IF FEWER THAN 3 MEALS A DAY WERE EATEN, GIVE REASON, EATING PATTERN, OR SPECIAL CIRCUMSTANCES FOR THIS)

Yesterday: _____ (day and date)

RESPONDENT: Beneficiary ☐ HH member ☐

DAILY MENUS

Foods or dishes and how served	Principal items in mixed dishes	Quantity eaten (exclude any discarded)	
		Respondent	Other member
MORNING MEAL		Home ☐ Gift O. ☐ Bought O. ☐	Home ☐ Gift O. ☐ Bought O. ☐
NOON MEAL		Home ☐ Gift O. ☐ Bought O. ☐	Home ☐ Gift O. ☐ Bought O. ☐
EVENING MEAL		Home ☐ Gift O. ☐ Bought O. ☐	Home ☐ Gift O. ☐ Bought O. ☐
SNACKS		Home ☐ Gift O. ☐ Bought O. ☐	Home ☐ Gift O. ☐ Bought O. ☐

8b. Was the food you and your _____ ate yesterday usual or did something special happen so that you or your _____ ate differently? COMMENT: _____

_____

_____

D. FOOD LIST

Time Commenced: _____ RESPONDENT: Beneficiary ☐ HH member ☐

Report of food used during past 7 days, from breakfast _____
(day and date)

thru your last bedtime snack _____
(day and date)

Identification No. _____

D. FOOD LIST

RESPONDENT: Beneficiary ☐ HH member ☐

9. Now, that we've talked about the foods you and your _____ ate in the past 2 days, I'd like to ask you about the quantities of foods you used from your home food supply in the past 7 days, from _____ thru last night, _____.

WHENEVER PRACTICABLE, HAND RESPONDENT A COPY OF FOOD LIST. COMPLETE COLUMNS a-f FOR EACH FOOD ITEM REPORTED USED. BE SURE RESPONDENT UNDERSTANDS WHAT YOU MEAN BY "USED IN PAST 7 DAYS." SEE INSTRUCTIONS.

Report of food used during past 7 days, from _____ (day and date) thru _____ (day and date)

FOOD In the past 7 days how much of each of the following foods did you use? Include food eaten, fed to pets, and thrown away, but exclude food given away. (a)	Form fsh. c. cnd. c.cnd. str. c.cnd. ch. home cnd. c. frzn. home frzn. cured, drd. ready-ckd. (b)	Quantity used Number of units (c)	Unit size lb. qt. dz. C. tbsp. etc. (d)	Source code B...1 HP..2 O...3 (e)	Bought food Price and unit (f)	DO NOT FILL Food code (Must show 8 digits) (g)		Food quantity in pounds (h)	Money value of food (i)
MEAT									
1. Beef: Round steak: Bone in____boned____....					$ for	441	21		$
2. Other steak: Bone in____boned____.....					for	441	21		
3. Roast: Bone in____boned____..... (specify)_____					for	441	21		
4. Boiling, stewing, soup: Bone in___boned___					for	441	21		
5. Ground beef.....					for	441	21		
6. Hamburger.....					for	441	21		

FOOD (Interviewer: Notice change in column headings) (a)	Bought in past 7 days				DO NOT FILL			
	Number of units (b)	Unit size (c)	Source code (d)	Price (total cost) (e)	Food code (Must show 8 digits) (f)		Food quantity in pounds (g)	Money value of food (h)
241. Tea			1	$ for	54211A	83		$
242. Baking powder			1	for	55721A	83		
243. Cream of tartar			1	for	55721B	83		
244. Baking soda			1	for	55721C	83		
245. Salt: Iodized___ not iodized___			1	for	55821	83		
246. Vinegar			1	for	55811A	83		
247. Spices, herbs			1	for	55831A	83		
248. Pepper			1	for	55831B	83		
249. Extracts, flavors, meat sauces			1	for	55831C	83	xxxxxx	
250. Beer	xxxxxx	xxxxxx	1	for	54511A	83	xxxxxx	
251. Wine	xxxxxx	xxxxxx	1	for	54521A	83	xxxxxx	
252. Whiskey, gin, brandy, rum, cordials, other alcoholic beverages	xxxxxx	xxxxxx	1	for	54531A	83	xxxxxx	

253. Is the salt you are now using iodized, or not iodized, or are you using some of both, or do you not use salt?

Iodized_____ (4)
Not iodized_____ (5)
Both_____ (6)
Do not use_____ (7)
_____ (8)

254. Salt substitutes (specify)_____

_____

Time concluded _____

FOLLOW WITH QUESTION 10

Respondent: Beneficiary ☐ HH member ☐

ASK QUESTION 10 AS NECESSARY

10a. Of the foods you used at home last week, were any purchased especially for pets? YES ☐ NO ☐

IF YES:

b. Which? (Specify food item and quantity) _____

_____

_____

ASK EVERYONE

11a. Did you or your _____ take any vitamin preparations in the past 7 days?

YES ☐ NO ☐ COMMENT: _____

_____

_____

b. IF VITAMIN PREPARATIONS USED, OBTAIN: 1. Name(s) and/or kind(s) used. 2. Dose. 3. How long taken. 4. Cost and size of bottle. 5. If recommended by doctor, druggist, etc. 6. Other pertinent data.

RESPONDENT	HH MEMBER
Name of preparation(s)_____	Name of preparation(s)_____
Dose(s)_____	Dose(s)_____
Size of bottle_____	Size of bottle_____
How long taken_____	How long taken_____
Recommended by_____	Recommended by_____
Other information_____	Other information_____

Respondent: Beneficiary ☐ HH member ☐

E. MARKETING PRACTICES

Now that we've talked about the foods you and your _____ eat, I'd like to ask you a few things about the way you get the foods you use.

12. Who usually markets for your food?

RESPONDENT MARKETS ☐ OTHER HH MEMBER MARKETS ☐ OTHERS MARKET ☐

COMMENT: _____

_____

ASK QUESTIONS 13a-c ONLY IF HH MEMBER(S) MARKET.

IF 1 OR BOTH HH MEMBERS MARKET

13a. Do (you)(your_____) get the foods you need by:
1. Going to the store_____
2. Ordering foods you need by telephone and having food store deliver _____
3. Order regular house to house delivery of milk____, bread_____
4. Other ways: (Specify)_____

_____

_____

IF MORE THAN ONE METHOD OF MARKETING INDICATED, DESCRIBE MARKETING PRACTICES OF HOUSEHOLD. _____

_____

_____

b. How many times a week do (you)(your _____) market for or order (telephone) food? _____

c. Is there any particular reason for getting your food ____ time(s) a week? EXPLAIN _____

_____

_____

ASK QUESTIONS 14a-e ONLY IF OTHERS MARKET.

IF OTHERS MARKET

14a. How do you get the foods you need?

COMMENT _____

_____

_____

_____

PROBE AS NECESSARY

b. Who does marketing?
c. Why?
d. How often?
e. Other pertinent data _____

_____

_____

_____

_____

_____

_____

_____

_____

ASK EVERYONE

15. From which food stores do (you)(your_____) get the foods you need? (LIST NAMES; IF MORE THAN ONE STORE, OBTAIN INFORMATION CONCERNING WHAT FOODS PURCHASED FROM DIFFERENT FOOD STORES AND WHY?) _____

_____

_____

_____

ASK ALL OR PART OF QUESTION 15

15a. Do (you)(your_____) ever charge the foods you purchase? YES ☐ NO ☐

IF YES:

b. About how often do (you)(your_____) usually charge your food purchases?
EXPLAIN _____

_____

_____

c. Do (you)(your_____) buy your food from certain stores because they deliver food to your home? YES ☐ NO ☐
EXPLAIN _____

_____

_____

d. Do (you)(your_____) have any other reasons for doing business with the food stores (you)(your____) buy from? YES ☐ NO ☐
COMMENT _____

_____

e. About how far from your home are the food stores (you)(your_____) buy from? _____ (blocks or miles)
(NOTE EXPLANATION IF ANY VOLUNTEERED BY RESPONDENT)

16a. Do you have a refrigerator? YES ☐ NO ☐

. Do you have freezer space for freezing and keeping frozen foods? YES ☐ NO ☐
(DESCRIBE FREEZER SPACE AND REPORT RESPONDENT'S COMMENTS ON ADEQUACY)

_____

_____

c. Do you have a separate "deep freeze" (other than in refrigerator)? YES ☐ NO ☐

17a. Do you have enough space in your refrigerator to keep as much perishable foods as you need? YES ☐ NO ☐
COMMENT _____

_____

b. Do you have as much shelf or cabinet space as you need for keeping canned foods and staples? YES ☐ NO ☐
COMMENT _____

_____

_____

F. ACTIVITY

As you know, what we eat and how much we eat often depends on how we feel and the things we do. For this reason, we would like to include in our study something about your activities and those of your _____ .

18a. First, will you tell me how many hours of sleep and rest lying down you had yesterday, _____ (day of week)? That is, for the 24-hour period from the time you got up yesterday, until this morning? _____ Hrs.

b. How many hours of sleep and rest lying down did your _____ have? ___ Hrs.

c. Was the sleep and rest lying down (you)(your_____) had yesterday usual, or did (you)(your_____) have more or less than usual?

	RESPONDENT	HH MEMBER
Usual	☐	☐
More	☐	☐
Less	☐	☐

IF MORE OR LESS

d. How many hours of sleep and rest lying down do (you)(your____) usually get during a usual day? R_____Hrs. HH____Hrs.

e. What happened yesterday to cause this change? _____

_____

19. Now, about the different things you and your _____ each did yesterday, how much time did you each spend doing these things from the time you each got up yesterday morning, to the time you each went to bed last night?

RECORD RESPONDENT'S REMARKS VERBATIM USING PROBES AS NECESSARY. AFTER RESPONDENT HAS CONCLUDED, SUMMARIZE TIME SPENT AT DIFFERENT TYPES OF ACTIVITIES AND COMPLETE ACTIVITY TABLE. IN COLUMN 3 INDICATE WHICH ACTIVITIES ARE PERFORMED DAILY, WEEKLY, MONTHLY, ETC.

FOR ACTIVITIES NOT PERFORMED YESTERDAY, INDICATE WHETHER HH MEMBERS DO, FREQUENCY AND APPROXIMATE HOURS PER MONTH SPENT AT EACH OF THESE. (SEE INSTRUCTIONS)

(NARRATIVE OF ACTIVITIES)
A. RESPONDENT _____

_____

_____

_____

_____

B. HOUSEHOLD MEMBER _____

INTERVIEWER'S EVALUATION AND COMMENTS:

Day and Date _____ RESPONDENT: Beneficiary ☐ HH member ☐

ACTIVITY TABLE

Type of activity (1)	Hours spent yesterday (2)		Specify if daily, weekly, etc. (3)		For activities not performed yesterday--hours spent weekly, monthly, other (4)	
	R	HH	R	HH	R	HH
Low (i.e.), Eating Sitting Reading, Writing, Sewing, Knitting Listening to radio, TV Light work, sitting down	-	-	-	-	- -	- -
Light (i.e.), Washing, Dressing Preparing, Cooking food, Doing dishes Walking around house and strolling outside Dusting, Washing small clothes Playing cards, musical instruments	-	-	-		- -	- -
Moderate (i.e.), Driving car, Tidying beds Mopping, Broom sweeping Light polishing, waxing, scrubbing Cleaning windows, woodwork Machine laundering, Ironing--sitting down	-	-	-	-	- -	- -
Moderate - Heavy (i.e.), Fast walking Hand washing large clothes, Hanging out clothes, Ironing clothes--standing Knee scrubbing, waxing Stripping beds Other heavy work (specify)_____ Light gardening	-	-	-	-	- -	- -
Strenuous (i.e.), Walking up/down stairs Digging, hoeing Golfing, Swimming, Dancing, Exercising Other (specify)_____	-	-	-	-	- -	- -
TOTAL HOURS:						

RESPONDENT: Beneficiary ☐ HH member ☐

CHECK RECORD CARD FOR WORK STATUS. IF NEITHER HH MEMBER REPORTED WORKING IN THE PAST 7 DAYS, GO TO QUESTION 23a. IF ONE OR BOTH WORKED IN PAST 7 DAYS ASK ALL OR PART OF QUESTIONS 20-22 AS APPLICABLE

20. Let's see now, you mentioned that (you) (your _____) worked in the past 7 days, _____.
(days of week and dates)

	RESPONDENT	HH MEMBER
a. How many days did (you) (your _____) work?	_____	_____
b. How many hours did (you) (your _____) work each workday?	_____	_____
21a. (Yesterday) (last day worked), did (you) (your _____) travel to and from work by auto, public transportation, walk, other?	Auto ☐ Pub. trans. ☐ Walk ☐ Other (specify)	☐ ☐ ☐
	_____	_____
b. How much time did (you) (your _____) spend traveling to and from work?	_____ (Min.) (Hr.)	_____ (Min.)(Hr.)
IF AUTO:		
c. Did (you) (your _____) drive or did someone else?	Self drove ☐ Others ☐	☐ ☐
IF PUBLIC TRANSPORTATION:		
d. Of the time (you) (your _____) spent traveling to and from work, approximately how many (minutes) (hours) did (you) (your _____) sit, stand, walk?	Time sat ___Min. Time stood ___Min. Time walked ___Min.	___Min. ___Min. ___Min.
IF WALK:		
e. How many blocks (miles) did (you) (your _____) walk to and from work?	_____	_____

22a. Will you tell me what (you)(your_____) did at work yesterday and how much time (you)(your_____) spent doing different tasks on the job? (IF DIDN'T WORK YESTERDAY, OBTAIN DATA FOR LAST DAY WORKED.)

RECORD RESPONDENT'S COMMENTS VERBATIM. PROBE AS NECESSARY TO OBTAIN DATA ON PHYSICAL ACTIVITIES OF ALL TASKS PERFORMED. DESCRIBE PHYSICAL WORK ACTIVITY AS CLEARLY AS POSSIBLE INDICATING WHETHER WORK PERFORMED INVOLVED SITTING QUIETLY, STANDING, WALKING ABOUT, RUSHING ABOUT, LIFTING, MOVING HEAVY OBJECTS, ETC. FOR EACH TYPE OF ACTIVITY GET APPROXIMATE TIME SPENT DOING.

A. RESPONDENT _____

_____

_____

_____

B. HH MEMBER _____

_____

_____

_____

22b. Was the work (you)(your____) did on the job yesterday usual? COMMENT:

_____

_____

_____

_____

ACTIVITY SUMMARY

INTERVIEWER'S EVALUATION AND COMMENTS:

ASK EVERYONE

Now about the year 1956 (January - December)

	RESPONDENT	HH MEMBER
23a. Did (you) or (your_____) work all or part of 1956? Please include such things as babysitting, odd jobs, etc.	Yes ☐ No ☐	☐ ☐
IF WORKED IN '56 — b. What kind of work did (you)(your___) do during 1956?	_____	_____
c. How long (months, years) did (you)(your_____) do this kind of work?	_____	_____
IF '56 OCCUPATION WAS RECENT, ASK d. IF NOT, GO TO QUESTION 24. d. What did (you)(your_____) work at before?	_____	_____

COMMENT _____

G. ECONOMIC STATUS

Now that we've talked about the foods you eat and the things you do, we'd like to know something about how you made out economically. For example, different people have all sorts of expenses which they cover with funds from various sources; sometimes it's from wages, sometimes from pensions, savings, etc.

24a. What would you estimate (you) and (your___'s) income was for '56? (SHOW INCOME CARD) Over $4,000_____ $3,000-$4,000___ $2,000-$3,000_____ $1,000-$2,000_____ Under $1,000___

b. Which of the following sources did (you)(your___) receive income from? (READ LIST AND CHECK EACH SOURCE FROM WHICH INCOME RECEIVED AND GET APPROXIMATE AMOUNT.)

1. Wages or salaries.....	☐ $___	☐ $___
2. Self employment or professional services (net)..	☐ $___	☐ $___
3. Babysitting or odd jobs.....	☐ $___	☐ $___
4. OASI.....	☐ $___	☐ $___
5. Other retirement pensions (type) _____	☐ $___	☐ $___
6. Veterans pensions or compensation.....	☐ $___	☐ $___
7. Dependency allotments.....	☐ $___	☐ $___
8. Unemployment insurance.....	☐ $___	☐ $___
9. Insurance annuities (type)_____.....	☐ $___	☐ $___
10. Rents or royalties (net).....	☐ $___	☐ $___
11. Dividends from stocks or bonds.....	☐ $___	☐ $___
12. Roomers or boarders (net).....	☐ $___	☐ $___
13. Regular contributions from family or friends.... (include alimony)	☐ $___	☐ $___
14. Gifts of money.....	☐ $___	☐ $___
15. Private or public assistance (old age pensions).	☐ $___	☐ $___
16. Other (specify)_____		

(NOTE IF PRESENT HH COMPOSITION DIFFERS FROM '56 HH COMPOSITION. IF NOT APPARENT, OBTAIN INFORMATION CONCERNING FORMER HH MEMBER(S) AND NOTE IF WORKED AND CONTRIBUTED TO HH INCOME IN '56)

IF INCOME FROM WAGES OR SALARY

	RESPONDENT	HH member
25. About (your) (your _____'s) (wages) (salary) last year-- a. Was the $_____ take home pay after deduction or was it your gross income?	Net ☐ Gross ☐	☐ ☐

IF NET PAY:

b. Which, if any, of the following deductions were made by (your) (your _____'s) employer? (CHECK BELOW AND FOR EACH DEDUCTION CHECKED, GET AMOUNT IF POSSIBLE)

	RESPONDENT	HH member
1. Social Security	☐ $_____	☐ $_____
2. Other Retirement	☐ $_____	☐ $_____
3. Federal Income Tax (Withholding) (Specify approximate amount) . . .	☐ $_____	☐ $_____
4. Government Bonds	☐ $_____	☐ $_____
5. Health Plan	☐ $_____	☐ $_____
6. Union Dues	☐ $_____	☐ $_____
7. Contribution for Charity	☐ $_____	☐ $_____
8. Life Insurance	☐ $_____	☐ $_____
9. Other: (Specify)	_____	_____
Total Deductions	$_____	$_____

IF NO AMOUNT SPECIFIED ABOVE BUT MORE THAN 1 DEDUCTION CHECKED:

c. What would you estimate all these deductions came to?	$_____	$_____
d. Did (you) (your _____) receive a refund from from Federal Income tax withheld?	YES ☐ NO ☐	☐ ☐
IF REFUND RECEIVED:		
e. How much?	$_____	$_____
f. Did (you) (your _____) have to pay any other income taxes (additional Federal because not enough withheld, Federal because none withheld, State taxes, etc.)?	YES ☐ NO ☐	☐ ☐
IF APPLICABLE:		
g. How much?	$_____	$_____
Federal and State income taxes paid	$_____	$_____

IF INCOME FROM SELF-EMPLOYMENT OR PROFESSIONAL SERVICES

26. About (your) (your _____'s) income from (self-employment) (professional services)--	RESPONDENT	HH member
a. Was the $_____ before or after deducting expenses? (Expenses include cost of running business and Personal State, Federal Income Taxes)	Net ☐	☐
	Gross ☐	☐
b. What was (your) (your _____'s) net income after deducting business expenses and taxes?	$_____	$_____

TOTAL INCOME - ALL SOURCES	$_____	$_____
INCOME AFTER STATE AND FEDERAL TAX	$_____	$_____

INTERVIEWER'S COMMENTS: _____

	RESPONDENT	HH MEMBER
27a. For the calendar year 1957, do (you) (your _____) expect that (your) (your _____'s) income will be more, the same, or less than it was in 1956?	MORE ☐ SAME ☐ LESS ☐	☐ ☐ ☐
IF CHANGE EXPECTED:		
b. By about how much?	$_____	$_____

c. Why? _____

_____

28. Now about your and your _____ expenses in 1956.

a. Did (you) (your _____) use up any of the funds you had set aside while (you) (your _____) were working, to pay for medical bills, taxes, repairs on your home, for living expenses such as food, clothing, or other things you bought during the year?

For example, did (you) (your _____) need to draw any money from the bank, cash or sell stocks or bonds (including Government bonds), sell property, etc., in order to take care of (your) (your _____'s) expenses in 1956?

RESPONDENT HAD ☐ HH MEMBER HAD ☐ NEITHER HAD ☐

b. Or, did (you) (your _____) have to borrow money for such things? (INCLUDE LOANS ON INSURANCE)

RESPONDENT HAD ☐ HH MEMBER HAD ☐ NEITHER HAD ☐

IF ASSETS USED OR MONEY BORROWED:

c. Approximately how much did (you) (your _____) use from (savings) (assets) or borrow? $_____ (assets) $_____ (borrowed) TOTAL: $ _____

d. For what kind of expenses?
(LIST TYPE OF EXPENSES AND GET APPROXIMATE AMOUNTS USED FOR EACH)

TYPE	AMOUNT
_____	$_____
_____	$_____
_____	$_____

29a. Did (you) (your _____) increase your bank deposits, stocks or bonds, property, etc., in the past year (1956) or did (you) (your _____) reduce any mortgages or other debts?

RESPONDENT HAD ☐ HH MEMBER HAD ☐ NEITHER HAD ☐

b. By about how much?

COMMENT: _____

_____

29c. IF MORTGAGE REDUCED AND FAMILY CANNOT REPORT ON PAYMENTS OF PRINCIPAL ONLY OBTAIN THE FOLLOWING INFORMATION

1) Amount of regular payment $_____
2) Frequency: (Monthly, semimonthly, quarterly, etc.) _____
3) Total number of payments up to end of 1956 _____
4) Original amount of mortgage $_____
5) Term of years for which mortgage runs _____
6) Interest rate _____%
7) Did payments include taxes and insurance YES ☐ NO ☐

IF YES:

8) Amount $_____
9) Any additional amount paid off on mortgage above regular payments $_____

30a. Do you or your _____ have any kind of health or medical insurance?

RESPONDENT HAS ☐ HH MEMBER HAS ☐ NEITHER HAS ☐

IF YES:

b. Which, if any, of the following types?	RESPONDENT	HH MEMBER
1. Accident policy only	☐	☐
2. Hospitalization only	☐	☐
3. Hospitalization and surgical in hospital	☐	☐
4. Hospitalization, medical and surgical in hospital	☐	☐
5. Medical and surgical at home or doctor's office	☐	☐
6. Weekly indemnity (cash for period of disability)	☐	☐
7. Combination of any of above services	_____	_____
8. Other (specify)	_____	_____

IF SOME HEALTH PLAN HAD

	RESPONDENT	HH MEMBER
31a. How much do (you) (your _____) pay in permiums per (month) (year)?	$_____ (per)	$_____ (per)
b. How many years have (you) (your _____) had this plan?	_____ (years)	_____ (years)
32a During 1956, did (you) (your _____) receive any benefits from this health plan?	_____	_____

b. Please describe benefits received _____

_____

_____

_____

c. Did the benefits received cover all or only part of the expenses for _____ illness? EXPLAIN: _____
(Specify)

_____

33. OTHER CLASSIFICATION DATA

ASK ONLY OF THOSE HOUSEHOLDS WHERE NO WORK INFORMATION WAS OBTAINED, QUESTION 22-23.

a. Were (you)(your____) ever employed on a regular basis?

RESPONDENT WAS ☐ HH MEMBER WAS ☐ NEITHER WAS ☐

IF NEITHER WORKED, GO TO QUESTION 34

IF WORKED		RESPONDENT	HH MEMBER
	b. When were (you)(your____) regularly employed last? (Month and Year)		
	c. What did (you)(your_____) work at?		
	d. How long did (you)(your_____) do this?		
	e. Did (you)(your_____) work at any thing else for a long period during (your)(your_____'s) years of employment?		
IF YES	f. What? (COMMENT)_____		

34. IF NEITHER HH MEMBER HAD EVER WORKED OR IF QUESTION 33b-d INDICATE THAT WORK REPORTED WAS NOT BASIS FOR OASI BENEFITS, OBTAIN DATA ON PERSON WHO WAS CONSIDERED CHIEF EARNER, SUCH AS DECEASED SPOUSE OR OTHER PERSON INSURED UNDER OASI.

OCCUPATION: (MAIN OCCUPATION OF INSURED PERSON)_____

LAST OCCUPATION BEFORE RETIREMENT OR DEMISE_____

YEAR OF DEMISE _____ YEAR OF RETIREMENT_____

OTHER COMMENTS _____

_____

_____

_____

Interviewer's Name _____

Date _____ Time Interview Ended _____

GLOSSARY

AVAILABLE FUNDS

Money income plus the value of assets used during 1956 for current living expenses or debts incurred, as balanced against any assets accumulated or liabilities decreased during the year. See appendix D, schedule forms, section G, items 27–29, for method of obtaining information.

BENEFICIARY

A person who had been declared eligible for OASDI benefits on or before December 1955. In the classification used in this survey, he remained a beneficiary even if the benefits had been temporarily suspended.

COOKING LOSSES

See *NUTRITIVE VALUE OF DIETS.*

DIETARY ADEQUACY

Refers to nutritive value of foods used at home per equivalent nutrition unit in relation to recommended dietary allowances. (See *NUTRITIVE VALUE OF DIETS* and *RECOMMENDED DIETARY ALLOWANCES.*)

EDUCATION OF HOUSEHOLD MEMBER

The highest grade or years of school completed. In the three classifications used in this report, elementary school included household members whose highest grade was 8 or less; high school included those completing from 9 to 12 years of schooling; and college, 13 years or more.

EMPLOYED HOUSEHOLD MEMBER

Employed away from home during 7 days preceding the interview either full or part time.

EQUIVALENT NUTRITION UNIT

The equivalent of an adult male in terms of needs or allowances for a specified nutrient. Computed in this study for each of nine nutrients for evaluating dietary levels of households of different size and composition. The number of nutrition units in a household for a given nutrient tells how many times the amount recommended for an adult male 25 years of age is needed by that household to meet recommended allowances for the nutrient. (See *RECOMMENDED DIETARY ALLOWANCES.*)

The procedure used for computing nutrition units (or adult-male equivalents) was as follows: First, the allowances for a particular nutrient for persons of each sex and for different body sizes in each 10-year age interval and at each activity level were estimated and were expressed as relatives, using the allowance for the young adult male as 1.0. For each household, the number of such relatives was computed based on the number of meals eaten at home by each person (21-meal-at-home equivalents). The resulting sum is the number of nutrition units or adult-male equivalents represented by the household in requirements for the given nutrient.

The allowances used for the young adult male were the 1958 NRC allowances as modified for application to dietary surveys by C. LeBovit and H. K. Stiebeling (*7*).

EQUIVALENT PERSON

The total number of meals served to all persons from household food supplies was divided by 21 (the number of meals generally served to one person in a week in the United States) to obtain the household size in equivalent persons. The count of equivalent persons was not reduced in those households where family members omitted meals, nor was it increased for between-meal snacks or additional meals, such as those served to invalids.

Lunches carried from home and supplemented by purchased food were considered one-half meals; those supplemented by beverages only were counted as full meals. Refreshments served to members of the household were not counted as meals unless they served as substitutes for regular meals. Refreshments served to guests were counted according to the number of meals which they approximated.

FAIR DIETS

See *GRADE OF DIET.*

FATTY ACID

Organic compounds of carbon, hydrogen, and oxygen, which combine with glycerol to form a fat.

Calculations of fatty acids in this report were based on estimated composition of many foods. For the most part, identification of foods was such that fairly reliable composition values could be assigned. However, no information was available on the identity of the salad and cooking oils used; therefore, values for these foods were roughly estimated.

FLOUR EQUIVALENT OF GRAIN PRODUCTS

The weight of flour, meal, cereals, and pastes added to the dry grain equivalent of prepared flour mixes and commercial baked goods (about 50 to 60 percent of product weight). Total flour equivalent also includes the dry equivalent of commercial and partially prepared dishes and soup made chiefly of grain products.

FOOD AT HOME IN WEEK

Food "used" means food used during week in an economic sense, rather than ingested, and includes food eaten, thrown away as waste, or fed to pets, but excludes food given away. (Special pet foods, not commonly eaten by people, are not included, but edible food bought for animals is included.) Food carried from home in packed meals as well as food served at home is included.

If food was prepared but not used during the survey week (7 days preceding the interview), it was not recorded. If, however, a portion of a home-prepared dish, such as a cake, was used during the period, an estimate of the amount used of each of its ingredients was reported. In the same way, food prepared before the survey week that was used during the week was included. Foods that were canned or frozen during the survey week were not included, except for that quantity eaten during the week.

Foods were generally tabulated according to the form in which they were brought into the kitchen. Thus, homemade cake and bread were recorded as flour and other ingredients, but purchased cake and bread were entered as cake or bread. In this way, some eggs, fat, sugar, milk, and other foods consumed by households are reported under baked goods, ice cream, canned fruits, soft drinks, and the like, because that is the way they entered the kitchen. Home-canned and home-frozen fruits and vegetables that were consumed during the week were tabulated as fresh products, with sugar disregarded. Tabulations of canned and frozen fruits and vegetables in this report include only commercial products, but homemade jams, jellies, and preserves, and home-canned or frozen soups, juices, pickles, and relishes are included with commercially packed items because of the lack of standardized recipes for breaking these homemade items into ingredients. These homemade mixtures were considered to be home produced if household members had produced the chief ingredients; i.e., the fruit used for jellies, the cucumbers used in pickles.

FOOD AWAY FROM HOME IN WEEK

Food and beverages including meals, snacks, and drinks purchased and consumed by household members away from home during the survey week. Cost includes sales tax and tips. No value was placed on meals furnished household members as guests.

FOOD LIMITATIONS

Any dietary restriction related to health reported by either household member, whether voluntary or recommended by a physician. For classificiation procedure, see section on Food Limitations Related to Health, page 19.

FOOD OBTAINED WITHOUT DIRECT EXPENSE IN WEEK

Includes food donated by welfare agencies; food received from friends, relatives, or neighbors as gifts; foods raised for home use; and those obtained by hunting, fishing, and collecting wild fruit and nuts. Quantities were valued at average prices paid by other households for similar items.

GOOD DIETS

See *GRADE OF DIET.*

GRADE OF DIET

Classification of diets in relation to National Research Council allowances. Diets were classified as *good* if food brought into the household kitchen during the survey week contained food energy and eight nutrients in quantities meeting or exceeding the amounts recommended by the National Research Council. *Poor* diets fell below two-thirds of the recommended level in one or more nutrients. *Fair* diets fell below the full recommended level in one or more nutrients but not below two-thirds in any.

HOMEMAKER

The female of the husband-wife and other male-female households; the beneficiary in other type households.

HOUSEHOLD

Group of persons who shared a common food supply during the week of the survey. Includes household members, guests, and hired help.

HOUSEHOLD ELIGIBLE FOR SURVEY

One containing an OASDI beneficiary housekeeping alone or with one other person 55 years of age or over.

HOUSEHOLD MEMBER

OASDI beneficiary or other person 55 years of age or older who lived with beneficiary and shared household food supplies during the survey week.

HOUSEHOLD SIZE IN EQUIVALENT PERSONS

See *EQUIVALENT PERSON.*

HOUSEHOLD TYPE

Classification of households based on the number and relationship of the household members.

HOUSEKEEPING HOUSEHOLD

One in which at least one person ate 10 or more meals from household food supplies during the 7 days preceding the interview. This requirement eliminated those persons living in boarding or rooming houses, hotels, institutions, etc.

IDEAL WEIGHT

Weight for height at age 25–29 from "Heights and Weights of Adults in the United States" (*5*, table 78). Heel height was subtracted from heights on table (1 inch for men and 2 inches for women) to give measurement without shoes. For this study, *normal weight* was considered weight within 10 percent of ideal; *underweight* and *overweight*, deviating by more than 10 percent.

MEALS CONSUMED

Food reported eaten at home and away by household members at each meal of the day and at snacks between meals for the 2 days immediately preceding the interview.

Many of the cooked foods reported (meat, vegetables, cereals) that were not in mixtures were converted to equivalent raw weights so as to make use of the same nutrient composition values used for the week's food list. Nutritive values for mixtures for which recipes were given were computed from the raw ingredients.

MILK TOTAL—CALCIUM EQUIVALENT

Approximately the quantity of fluid milk to which the various dairy products (except butter) are equivalent in calcium. The chief source of data on the calcium content of these products was Agriculture Handbook No. 8 (*15*).

MONEY INCOME, AFTER INCOME TAXES

Money income, after deduction of Federal and State income tax payments, of all household members who pooled income and shared expenses in 1956. Income includes OASDI benefits; income from wages and salaries, odd jobs; net income from self-employment, rent and royalties, roomers and boarders; interest, dividends; pensions, annuities, allotments, contributions, relief payments; and unemployment insurance payments.

If the respondent was unable to itemize his income, he was asked to estimate it from the following intervals: Over $4,000; $3,000–$4,000; $2,000–$3,000; $1,000–$2,000; under $1,000.

MONEY VALUE OF FOOD USED AT HOME IN A WEEK

The cost of purchased food and alcoholic beverages in terms of the prices respondents reported having paid for items at the time of purchase. Includes food *produced at home* or *received as gift or pay* valued at prices reported by families in Rochester purchasing a similar item during the survey week.

NATIONAL ORIGINS

Country of birth of household members or of the mother of native-born members, grouped for similarity of ethnic origin. *Anglo-Saxon* includes British Isles and Canada. *Western Europe* includes Germany, Austria, Hungary, Switzerland, Sweden, Low Countries, France. *Eastern Europe* includes Poland, Russia, Lithuania. *Mediterranean* includes nearly all Italy.

NOT CLASSIFIED BY INCOME

Housekeeping households in which members did not pool income and share major expenditure items during 1956. Includes also those unwilling or unable to give information about income.

NUTRITION UNIT

See *EQUIVALENT NUTRITION UNIT.*

NUTRITIVE VALUE OF DIETS

Nutrients in the food reported used during the week and in the meals consumed during 2 days were calculated chiefly from table 2 of Agriculture Handbook No. 8 (*15*). This table shows quantities of nutrients obtained in the edible portions of foods purchased in generally good condition and makes allowance for inedible portions, such as bone, pits, shells. For a large number of items, the values in this table were revised in accordance with newer data on yields from Agriculture Handbook No. 102 (*9*). For retail food supplies in the forms currently marketed, with a normal amount of wilt, spoilage, and other types of loss, these newer data were considered more suitable than the yield figures based on the earlier publication. Values for foods not included in Handbook 8 were unpublished data from the files in the Department's Food Composition Unit, Consumer and Food Economics Research Division.

For this survey, estimated average losses in cooking for thiamine, riboflavin, niacin, and ascorbic acid were deducted from the composition values before these were applied to the food quantities. Loss factors used were developed for groups of foods and were based on experimental data, with consideration given to usual cooking practices in the United States.

How much food was discarded either as plate waste or during or after preparation was not reported. Hence, amounts of nutrients in the food actually eaten may be smaller than the amounts shown in the tables of this publication.

The nutritive content was calculated for foods only. No estimate was made of the minerals in the local water or in baking powder, for calories in alcoholic beverages, or for any vitamin or mineral supplements.

POOR DIETS

See *GRADE OF DIET.*

RECOMMENDED DIETARY ALLOWANCES

Levels of nutrient intake that the Food and Nutrition Board of the National Research Council recommends as normally desirable goals or ob-

jectives toward which to aim in planning practical dietaries, sometimes referred to in this report as NRC allowances or NRC levels (Recommended Dietary Allowances, Food and Nutrition Board, National Research Council Publication 302, Revised, 1953, and Publication 589, Revised, 1958).

For this report, adjustments were made to the 1958 allowances as explained by C. LeBovit and H. K. Stiebeling (*7*). Protein, vitamin, and riboflavin allowances were computed for ideal body weight for each inch increment of height. Calorie allowances, computed by formula for ideal weight for men and women, were adjusted for 10-year age intervals and for activity level. Thiamine allowances were related to calories. Because of the difficulty in calculating niacin equivalents, the 1953 allowance was used.

SPENDING LEVEL

Classification of households by money value of food at home per person in a week. *Low level* includes households with money value per person below cost of food in USDA low-cost food plan (*3*); *moderate level*, those with money value greater than low cost but less than liberal food plan; *liberal level*, those with money value exceeding that of the liberal food plan.

The dollar figures [7] used follow:

Households	*Spending level*		
	Low Under—	*Moderate*	*Liberal Over—*
Husband-wife or other male-female	$6. 50	$6. 50–$9. 50	$9. 50
2 females	5. 50	5. 50– 8. 50	8. 50
1 male:			
55–74 years	8. 00	8. 00–11. 50	11. 50
75 or more years	8. 00	8. 00–11. 00	11. 00
1 female:			
55–74 years	6. 50	6. 50– 9. 50	9. 50
75 or more years	6. 00	6. 00– 9. 00	9. 00

SUGAR EQUIVALENT

Approximately 10 percent of the weight of liquid soft drinks, 60 percent of the weight of dry pudding mixes, and 20 percent of the weight of ready-prepared puddings.

VITAMIN SUPPLEMENTS

Any vitamin and/or mineral preparation used by household members during the survey week (7 days preceding the interview). The content of these preparations was checked by brand name from manufacturers' labels, pharmacists and pharmaceutical houses, libraries, etc.

[7] Prices for April–June 1957 in the Northeast adjusted for age and sex of household members and for household size.

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